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"Blessed is the person
who sees the need,
recognizes
the responsibility,
and
actively
becomes the answer."

...William Arthur Ward

Don't let life leave you behind...

VOLUNTEER!

Find out how by visiting us at:

www.volunteerlethbridge.com

or call
320—2044

Experience Matters! Retiring Adults



...Create win—win
opportunities...

RETIRING ADULTS Win...

Because "people who give their time to a volunteer activity, especially if it involves helping others, are happier and healthier in their later years."*

LETHBRIDGE Wins...

When older adults continue to be active and vital members of our community by offering a wealth of knowledge and expertise that only a lifetime of experience can produce.

YOUTH Win...

When active seniors provide excellent role models for future generations of community leaders.

AGENCIES Win...

When they are able to recruit experienced volunteers. Older adults have a lifetime of knowledge and skills to share as they move from the workplace to retirement.

*Dr. Neena Chappell, *Volunteering and Healthy Aging: What We Know*