



The North Shore Health Network (NSHN) values its volunteers. Volunteers are vital to the work we do. Volunteers enrich the lives of people living in our communities .

WE NEED VOLUNTEERS FOR:

MEALS ON WHEELS (BLIND RIVER)

- ◆ Monday, Wednesday, Friday
- ◆ About 30-45 min. of your time
- ◆ Flexible—you choose what day works best for you

MEDICAL TRANSPORTATION: Looking for volunteers in communities along the north shore—Spanish to Thessalon to drive clients to and from medical appointments

- ◆ Trips are primarily to Elliot Lake, Sault Ste. Marie & Sudbury
- ◆ Remuneration

HOSPICE & PALLIATIVE VISITING VOLUNTEER PROGRAM:

- ◆ Support individuals at end of life in the NSHN's Hospice Suite, Long Term Care and at home.
- ◆ Flexible around days and times available

EXERCISE CLASS FOR FRAIL SENIORS—JUST MOVE IT! (BLIND RIVER)

- ◆ Tuesdays & Thursdays—1:30-2:30 p.m.

FOR MORE INFORMATION CONTACT:

Community Support Services

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Email: dwilkins@nshn.care