



# Volunteer Training Session

## Monday, March 16

8:30am to 1:00pm

Kildare Lounge, Saint Brigid's Home

## Tuesday, March 17

8:30am to 1:00pm

Multipurpose Room, Wellness Centre

For all volunteers who assist seniors through our Wellness activities (painting, dancing, bingo, Day Centre) and services (friendly visits, transportation to medical appointments, help with errands).

Please log in to your [MyImpactPage](#) and sign up for the Training Session 2020 to reserve your spot before March 9. Refreshments and lunch will be served.

- ◇ Connecting with seniors living with hearing loss
- ◇ Assisting seniors with low mobility: walker, wheelchair, etc.
- ◇ Transferring safely in and out of cars

### For more information:

Wellness Centre: 418-684-5333, ext. 1550  
Wellness activities at Saint Brigid's:  
418-684-5333, ext. 2212