



Seaway Valley Community Health Centre

Working with you for a Healthier Community

Volunteer Position Description – “Balance for Life” program Support (Dundas)

Purpose: To support the certified class leaders to run safe fall prevention/exercise classes for older adults.

Responsibilities:

- Prepare materials for participants as necessary e.g. registration packages
- Greet and register clients for exercise classes
- Arrive early to classes to set-up exercise room including sound system, chairs etc.
- Support participants and observe for anyone in need of assistance
- Participate in meetings regarding the exercise program
- Support exercise leaders as needed
- Other tasks as necessary

Requirements:

- An interest in physical activity and healthy living and improving clients’ strength and balance
- CPR/AED certification (if possible)

Location: Classes at the Joel Steele Community Hall, 577 Main St., Winchester

Benefits: Physical activity, social connection, helping others improve their wellbeing.

Time Commitment: Support 2 to 4 classes per week for a given 12week session totalling approximately 4 to 8 hours per week.

Report to Staff Lead: Rick Marceau (Balance for Life Coordinator)

Signature of Volunteer: _____

Signature of Staff: _____

Date: _____