

If you're interested in
 healthy eating, physical activity and giving talks,
VOLUNTEER
 for Rochester's
Healthy Hero Outreach Project!

Joys of Volunteering

- Meet new people
- Learn more about healthy eating and active play
- Share your knowledge



If you have

- Time to complete a 5-week training program (about 25 hours total)
- Ability to work flexible hours, primarily evenings and weekends (5 hours per month on average)
- Reliable transportation
- Experience in giving talks



We need YOU!

- Ability to speak Spanish, other foreign language or sign language A PLUS!



Volunteers will

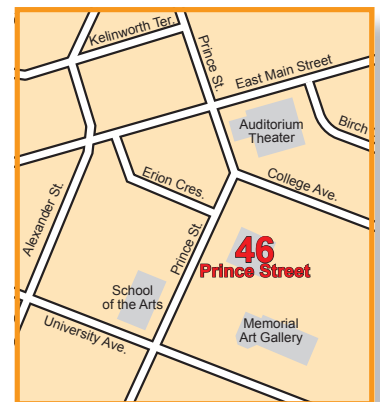
- Teach families about healthy eating and active play through fun activity sessions and displays
- Schedule sessions and displays
- Attend meetings with the Outreach Team
- Be part of a team!



Learn More!

- Join us for an Information Session to hear more about this opportunity
- Contact Marcia Middleton to schedule an interview

Where:
 Center for Community Health (1st Floor)
 46 Prince Street
 Rochester, NY 14607



Be A Healthy Hero
 5.2.10

For more information, contact:
 Marcia Middleton
 Center for Community Health
 marcia_middleton@urmc.rochester.edu
585-224-3058

