



Volunteer with our Health Equipment Loan Program (HELP) Team!

Looking for opportunities to give back to your community, meet new people, and have new experiences?

Angela.lohnes@redcross.ca

**It's as easy as 1-4 hour shift a
week**

**WANT TO BE
A
DISASTER
VOLUNTEER?**

Visit us!
redcross.ca/BeAHero
Email: vrs@redcross.ca



**Heroes wanted.
Spandex optional.**



Visit redcross.ca/BeAHero
for more information.