Volunteers Needed!

Are you passionate about working with the community to promote health and well-being? If your answer is yes, we have a volunteer position for you!

Looking for volunteers to educate the community on the importance of cardiovascular health once a month at REACH for 3 hours!

- Promote health services at REACH
- Conduct cardiovascular health screening through interactive risk assessments such as:
  - Assisting participants in measuring their waist circumference or use a scale
  - Assisting participants to monitor blood pressure and heart rate
    - Assisting participants to understand their personal medical history or lifestyle habits that may put them at risk for cardiovascular diseases
- Promote healthy eating habits and nutrition
- Educate participants on healthy lifestyle changes and active living resources in the community

Gain valuable health care experience!

Work to create a difference in community health!

Contact Nicole for more details:
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