

Volunteers Wanted!

Do you want to help others to take better care of their health? *Your community needs you!*

You know your neighborhood best, and we need you to help the community by providing members with information about a health topic.

If you are interested in helping others learn about the health topics listed below, see a staff member and ask to join!

- Autism (*support for mothers*)
- Bullying identification and prevention for youth
- Communicating with Hispanic youth about HIV prevention
- Dental health
- Depression prevention and treatment
- Family violence prevention
- HIV and other STD prevention
- Information about transitioning from prison
- Making choices about health
- Nutrition and access to food (*food assistance programs and ways to economize*)
- Osteoarthritis awareness
- Physical activity for health
- Physical activity for seniors
- Senior health awareness
- Sleep
- Smoking cessation
- Stress management
- Substance abuse prevention and treatment
- Support for living with a chronic illness
- Teen post-partum depression awareness and prevention
- Type II diabetes prevention
- Women's health awareness including mammogram and Pap screening promotion

