

Mission: With coordinated networks of volunteers and staff, enrich the well-being and quality of life for people wherever they call home.

Volunteer Position: Exercise and Falls Prevention

Why should I get involved in volunteering?

- Meet new people and develop lasting relationships.
- Increase your happiness and better your well-being.
- Learn new skills and increase your self-esteem.
- Stand out on job applications and further your career.
- Help make a difference and give back to your community.

How can I help?

Reporting to staff, assist in providing exercise and fall prevention classes to the community.

What is expected of me?

Flexible schedule based on your availability with a time commitment of 2 hours. Duties may include:

- Ensure participants sign-in for tracking purposes.
- Provide information to clients regarding safe participation practices based on COVID-19 guidelines.
- Assist Exercise Instructors with equipment cleaning.
- Assist with set-up and take down of exercise area.
- Manage the flow of participants in and out of exercise area.

Find a location close to you.

Volunteer at one of our Community Hubs: Clarington, North Durham (Cannington, Port Perry and Uxbridge) Pickering/Ajax and Whitby/Oshawa.

What training will I receive?

- CCD Orientation and Training (virtual)
- Program specific training

What are the qualifications?

- Satisfactory Police Vulnerable Sector Check.
- Sensitivity to adults with needs related to aging, physical and/or mental health.
- Adhere to **COVID-19** safety practices.
- Must work in a safe manner and promote the health and safety of all staff, volunteers, clients and the community as outlined within CCD policies.

[Apply now](#) or click [here](#) to see other opportunities.