

## Volunteer information session at CCRW

Recent research has found that 1.8 million older adults in Canada volunteer because they want to give back and make an impact on their community.

Additionally, researchers also found out that by volunteering, older adults are getting much more than expected ? improved health and wellbeing, compared to those who don't volunteer.

Volunteer MBC believes that older adults can contribute a lot in building their communities and at the same time benefit from it themselves. Hence, the Provincial government, Peel Elder Abuse Prevention Network (PEAPN) and Volunteer MBC are hosting a series of events for older adults.

The one in Caledon will be Oct. 25, from 9:30 a.m. to noon, at Caledon Centre for Recreation and Wellness.

Volunteer engagement professionals from different non-profit organizations and senior volunteers will gather for a short free workshop on engaging older adults as volunteers ? what organizations are looking for, engaging seniors based on their skills, answering questions and providing them with resources.

At the same time, volunteers will also be taking part in a workshop to learn about the benefits of volunteering, how to become a volunteer, expectations, etc.