

Can Volunteering Make You Healthier?



Join this virtual session to learn about the health benefits of volunteering. Hear from staff and volunteers from Thunder Bay Regional Health Sciences Centre (TBRHSC) about volunteer experiences and what keeps them coming back.

Speakers: **Donna Jeanpierre**, Volunteer Services Manager
Sara Cicchitano, Volunteer Coordinator
Marielle Dysie Vick, Hospital Elder Life Program Coordinator
Halen Kovacs & Frank Rizzuto, TBRHSC Volunteers

Date: **Thursday April 13, 2023**

Time: 12:00pm-12:30pm

Location: Online event via Webex

Meeting Link: <https://bit.ly/HGTApril2023>

Password: Health



Thunder Bay Regional
Health Sciences
Centre

Prevention and Screening
Clinical Services

healthy
GET-together

For more information or to receive the event link by email, contact haley.shipston@tbh.net