

Community Information & Volunteer Centre

Capital News: Volunteer Centre Column 2012 February 2

29 days to 'make death wait'

Do you have a family member or friend who has suffered from a heart condition or stroke? Do you want to make a difference in your community?

Our Kelowna office for the Heart and Stroke Foundation is always looking for volunteers.

CANVASS DOOR TO DOOR in your community, this is a great way for you to connect with your neighbours. Every door you open helps Canadians live longer lives. We will have 1400 volunteers go door to door in our area.

Opening doors in your neighbourhood supports life-saving research. Heart Disease and Stroke will take 1 in 3 before their time and it is the #1 killer of women, more than all cancers combined.

ONLINE FUNDRAISING can be done by anyone at any anytime from the convenience of their home. You simply register online. This is a great volunteer opportunity for people who have little time but would like to help raise important funds for our community.

HEART FUND DAY will be held at Coopers Food on February 11th. A donation of 25 cents from every bag filled will be given by Coopers Food to The Heart and Stroke Foundation. Can you volunteer 2 to 4 hours of your time to support this great community event?

The Heart and Stroke Foundation is a volunteer based health charity. We lead in eliminating heart disease and stroke through the advancement of research and its application, the promotion of healthy living, and advocacy.

Our Kelowna office for the Heart and Stroke Foundation of BC and Yukon serves the Okanagan and Kootenay areas.

To volunteer please contact our Kelowna office by phoning 250-860-6275 or by registering on line directly www.heartandstroke.ca/help. You can also visit and like our local facebook page to see what is happening in our area
www.facebook.com/HeartandStrokeFoundationOkanaganKootenay

For other volunteer opportunities or to customize your volunteer profile, check out www.kcr.ca, 'Volunteer Opportunities Search'. Need some help? Phone us at 250.763.8008 ext. 25.

Dawn Wilkinson, Coordinator

Community Information & Volunteer Centre

Kelowna Community Resources

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