

RMH HEALTH CENTRE

VOLUNTEER OPPORTUNITIES:

- * **Nutritional Food Services - assist staff in putting away groceries or helping to fill and distribute food trays to patients at meal times.**
- * **Friendly Visitor - visiting patients one on one.**
- * **Water Jugs– replenishing water jugs with ice and refilling with water.**
- * **Recreation Therapy Volunteers - assist staff with providing recreational activities for patient support in acute care (bingo, card games, reading etc...)**

Call (403) 844-5286 for more information

**Please contact
Kristen at RMHHC
for more
information
403.844.5286
or email**

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