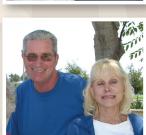
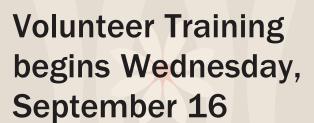
Become A Senior CHAMPION

CHAMPIONS (Community
Helpers Assisting Mature
Persons In Our Neighborhood)
volunteers assist seniors
who can't get out easily, are
alone, need a friend to talk
with, or can use assistance
getting to the market or
other activities.













To enroll, please call 949-724-6915

www.IrvineSeniors.org

Lakeview Senior Center 20 Lake Road, Irvine

Facilitated by **Anne Kanter-Edwards**, M.F.T. *Program Specialist*

VOLUNTEER REQUIREMENTS INCLUDE:

- Attend an orientation meeting, then once a week training for eight weeks – Wednesdays from 1 - 2:30 p.m.
- Get to know other volunteers and meet professionals from other agencies.
 Learn how you can make a difference
- · One year commitment required
- Attend monthly follow up meetings