



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.



**Volunteer Training
begins Wednesday,
September 16**

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