



Volunteer Opportunities in Health Education

There are a variety of options when volunteering with Health Education at CommunityHealth. Upon conversations and coordination with the Health Education Coordinator, there are opportunities to help establish curriculum, facilitate health programs, organize health information and assist with various projects within the clinic and community. Descriptions of specific opportunities are listed below.

Beginning in September 2009, CommunityHealth will institute a fee for the volunteer diabetes educator training. This is a one-time \$25 fee per training program. The purpose of this fee is to offset training program expenses, including training materials and administrative costs. Volunteers must pay fees prior to enrolling in a training program. Payments can be made by check (made out to CommunityHealth) or by credit card (online at www.communityhealth.org). Currently the interpreter training program is being reformatted; participants will not be charged until further notice.

Polish Healthy Mind and Body Instructor:

The Healthy Mind and Body instructor is responsible for leading guided imagery/meditation sessions to patients twice a month. Those volunteers should have experience in meditation, yoga, guided imagery or other types of alternative medicine practices. We are currently seeking bilingual Polish facilitators. *Groups meet twice a month for 1-hour sessions. Volunteer must commit to facilitating at least 6 classes within a year (must be consecutive).*

Bilingual (Polish or Spanish) Health Fitness Coordinator (or Yoga Instructor): The Bilingual Health Fitness Coordinator is responsible for instructing ongoing exercise classes for patients at the clinic. Previous experience in Fitness instructions a plus, not required. Facilitator should be passionate about incorporating fitness and exercise into everyday life and should be comfortable facilitating a multi-language class. *Groups meet twice a month for 1-hour sessions. Volunteer must commit to facilitating at least 6 classes within a year (must be consecutive).*

Health Fair Assistant:

The Health Fair Assistant is responsible for going to health fairs and outreach events to educate the public on how to become a patient of CommunityHealth. Volunteer should be someone is fairly familiar with the intake process and can comfortably speak about the requirements of how one becomes a patient. This person must agree with the clinic's mission to connect all persons with access to healthcare. *CommunityHealth participates in between 25-30 outreach events/health fairs a year. Volunteer would be expected to attend at least two.*

If you are interested in learning more please contact Kelly Jordan, Volunteer Services Coordinator at (773) 395 – 9901 ex. 23 or by email at kjordan@communityhealth.org. You can also learn more by visiting the website at www.communityhealth.org/volunteers.