



I Resolve to Give Back to My Community...

Start off 2012 by volunteering your time and support with To Life!



Volunteer Positions where help is needed now—

Offer your support as a To Life! Mentor

Are you a breast cancer survivor looking to give back and support women who have recently been diagnosed? Become a new friend that understands. Offer your experience and provide emotional guidance at a time needed most.

Promote our services as a To Life! Ambassador

Assist with outreach activities and represent all the excellent qualities and services To Life! has to offer women and their families. This brand new volunteer position will help increase awareness of our free services and programs, as Ambassadors organize and implement presentations at local medical offices and community groups. *Spring training session are planned for Saratoga and Delmar.*

Inform the public as a To Life! Community Educator

Represent To Life! at health fairs and events and display our information for the public. Become a *Breast Health Educator* and educate the public on Breast Self-Examination, risk factors, and risk-reducing behaviors. Do you have a special skill to share? Present a workshop for clients at a wellness program.

Be part of the To Life! Fundraising Team

Join a committee to help coordinate major fundraising events. Benefit To Life! by hosting or assisting with third party fundraisers. Your fundraising ideas are welcome!





Won't you share your time and talents this year?

Name: _____ Date: _____

Address: _____

Email: _____ Day Phone: _____

Interests/Skills:

- Are you over the age of 18? [] yes [] no
Are you a breast cancer survivor? [] yes [] no
Family or friend of a breast cancer survivor? [] yes [] no
Do you have a reliable mode of transportation? [] yes [] no
Is there anything you prefer not to do?

Please tell us about any pertinent physical limitations you may have:

Availability: [] Weekdays [] Weekday evenings [] Weekends

Are you willing to commit to volunteer on a regular (weekly/monthly) basis? Please specify.

Please check any activities you would be willing to do:

- [] Mentor a newly diagnosed breast cancer patient
[] Serve as a To Life! Ambassador and arrange presentations
[] Help with phones and clerical work at To Life! (Delmar)
[] Assist with special events and fundraising activities
[] Greet the public at health fairs
[] Learn to assist or present Breast Health Education workshops
[] Teach a wellness workshop
[] Lawn care and yard work assistance (spring—summer 2012)
[] Serve as a translator (Please note languages spoken) _____
[] Other (please list) _____

Return this form to: To Life! 410 Kenwood Avenue, Delmar, NY 12054, Fax: 475-9141
Electronic submissions can be made on our website at www.tolife.org.
For more information, contact our Director of Education at 439-5975 Ext. 22 or LEck@tolife.org