

# Here's a New Year's resolution well worth keeping.



Volunteering at Trillium is the best New Year's Resolution you could make – and you might shed a few pounds too. Amar Saleh made a promise to himself. Lose weight. Exercise more. Make new friends. By choosing to volunteer at Trillium Health Centre, Amar has realized all his goals.

At Trillium -West Toronto, Amar works as a Hospitality Volunteer where he escorts people to their appointments or procedures, offers directions and information, and provides comfort and reassurance to people in need.

"In addition to making a difference to my community, I also have no problem getting my 10,000 steps a day when I volunteer at Trillium," says Amar. "I am not only healthier, but have made a lot of new friends."

"By giving to Trillium, I am giving to myself."

Amar Saleh, Hospitality Volunteer

To Volunteer: call 905-848-7276 or visit [www.trilliumhealthcentre.org/volunteer](http://www.trilliumhealthcentre.org/volunteer)



# During the holidays the best gift you can give is yourself.



**My grandmother was a volunteer. My mother was a volunteer. I am a volunteer.** I love my job at the bank and as I approach retirement in the next few years, I can't imagine not working or contributing to my community in some way. I need to decide how to spend my retirement years. Trillium Health Centre is giving me that opportunity.

I volunteer once a week for a three-hour shift in Trillium's Emergency Centre where I help support patients during their most trying times.

By giving to them, I am giving to myself.

**Sandi Davis, Emergency Centre Volunteer**



To Volunteer contact us at 905-848-7276  
or at [trilliumhealthcentre.org/volunteer](http://trilliumhealthcentre.org/volunteer)

