

keep the beat  
VOLUNTEER



HEART &  
STROKE  
FOUNDATION  
OF BC & YUKON

*Finding answers. For life.*

Would you like to use your skills or learn new ones?

Are you interested in meeting new people?

Do you want to make a positive impact on your community?

Do you believe that you can be a community leader?

## The Heart and Stroke Foundation of BC & Yukon offers a variety of interesting community-based opportunities, including:

- Special event planning.
- Campaign coordination.
- Community networking.
- Corporate team building.

## Get involved today...join our Community Volunteer Leaders Team!

### Contacting us is easy!

Telephone our Provincial office at: **604-736-4404** or toll-free at: **1-888-473-4636** and ask for a Volunteer Programs staff member **Or** call the area office closest to your community:

Kamloops  
250-372-3938

Surrey/Langley/White Rock  
604-591-1955

North Shore/Burnaby  
604-983-8492

Tri-Cities/Fraser Valley  
604-472-0045

Kelowna/Okanagan/Kootenay  
250-860-6275

Vancouver  
604-736-4088

Prince George/Northern BC  
& Yukon  
250-562-8611

Nanaimo/Powell River/  
Vancouver Island  
250-754-5274

Richmond/Delta/  
New Westminster  
604-279-7130

Victoria  
250-382-4035



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[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)