



# Heart Health for Life Champions

## I'm interested in volunteering!

Name: \_\_\_\_\_

Tel. #: \_\_\_\_\_ When did you graduate? (MM/YYYY) \_\_\_\_\_

Who was your Cardiac Rehab Supervisor? \_\_\_\_\_

Please indicate which volunteer opportunities interest you (may check multiple areas):

- Peer Support**  
Provide one-on-one support to patients in the Cardiac Rehab program during scheduled, in-person meetings or over the telephone.
- Graduate Speaking**  
Deliver presentations as a program graduate to share your experiences, motivate current patients and promote our program to both internal and external stakeholders.
- Graduate Exercise**  
Help grow, develop and promote exercise programs for graduates offered at the Rumsey Centre and in the community (e.g. mall-walking and community centre programs).
- Events & Fundraising**  
Work with staff, volunteers and the Toronto Rehab Foundation to plan and organize fundraising and special events for Cardiac Rehab.
- Hospital Ambassadorship**  
Educate patients and their families at acute care hospitals about our Cardiac Rehab program, responding to their questions and concerns.
- Graduate Communications**  
Help design, develop and maintain print, electronic and web communications for the Heart Health for Life graduate program.
- Program Support - In-Class**  
Provide in-class support to patients exercising at the Rumsey Centre, working with Cardiac Rehab Supervisors and Exercise Leaders.
- Program Support - Administrative**  
Welcome and check-in patients for class and provide support to Rumsey Centre office staff (e.g. filing, photocopying & other administrative duties).

Please submit to Rumsey Centre Reception **OR**  
Mail to: Amy Hwang, Project Leader - Heart Health for Life  
347 Rumsey Road, Toronto ON M4G 1R7

