

## Health & Welfare Volunteer Opportunities Sunrise Rotary Vero Beach



### Growing Healthy Kids Project

Children from the Hope for Families Center and Youth Guidance Mentoring Academy attend fun filled, educational classes focusing on nutrition. There are two sessions, one in Spring and one in Fall. There



are 5 classes in each session. Each class is from 9:00 to 12:00 noon on a Saturday at St. Francis Manor. Several field trips are arranged during both sessions. One example: a visit to the Ocean Drive Farmer's Market where the kids interview the vendors, purchase vegetables, and return to St. Francis Manor where they learn how to prepare nutritious dishes that are kid friendly. As a volunteer/mentor you will help the kids prepare the dishes, talk to them about their interests, etc. The average age range of the kids attending is between 8-14 years old. Please volunteer for at

least one or more of the classes. The kids truly benefit from your mentoring!!

### Florida Baptist Retirement Home Special Events

Father's Day was a big day at the Florida Baptist Retirement Home thanks to more than a dozen Sunrise Rotarians. Food, fellowship and plenty of music made these special people feel loved and appreciated. More events to come in 2019-20.

**Community mental Health involvement, a Veterans support program, a community wellness program, an after-school nutrition education program, and a community gardening program** are also in the planning stages for the coming year.

***You are encouraged to volunteer for any or all of these important Health & Welfare projects.***

***For more information and/or to sign up for a specific project(s) please contact:***

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