



VOLUNTEER OPPORTUNITY: Board Member

The North Shore Keep Well Society is a registered society in British Columbia and a federally registered Charity which has been in existence for over 35 years. Keep Well is a free exercise and wellness program that provides fitness training, health awareness and wellness education and opportunities for social contact to help older adults lead active and independent lives. Participation in the program is voluntary and takes place weekly at seven sites across the North Shore. The Society is run by a dedicated volunteer Board of Directors

Job Title: Board Member

Responsibilities:

- As a Board member, participate in the leadership and decision-making process for the operation of the Society
- Attend monthly Board meetings (currently held virtually)
- Active participation on selected sub-committees such as: Health, Communication, Governance, Events, Finance, Fundraising, Special Projects

Qualifications:

- Previous experience as a Board Member, and/or working experience in one or more sub-committee areas would be an asset
- Desire to make a positive contribution to the well being of seniors
- Ability to collaborate with colleagues and positively contribute to the growth of the Society
- Strong communication skills
- Computer skills including, email, Word and Zoom

Criminal Record Check for working with vulnerable populations will be required

Hours: Varied

To apply for the position, send email to keepwellsociety@telus.net or call: 604-988-7115 (Ex: 3001)