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## Support your community: Volunteer

*Arapahoe County needs volunteers to help youth, seniors and disabled citizens*

**Littleton, Colo.** --- Arapahoe County is offering three very unique volunteer opportunities for citizens. Whether it's helping build futures for today's youth or lending a helping hand to a senior or disabled citizen in need, Arapahoe County needs volunteers.

Interested in helping teach youth valuable skills? Volunteer after-school leaders are needed to help children learn and grow with fun, hands-on projects through the Arapahoe County CSU Youth Development program in Aurora. Studies show that after-school programs and youth mentoring not only improve academic performance and opportunities for college, but also contribute to each youngster's overall well-being and that of the community.

Have a soft spot for seniors or disabled citizens? Arapahoe County has two unique volunteer opportunities in need of immediate volunteers.

Become a wellness leader and teach seniors how to fight fatigue, deal with depression, control pain, manage stress and relax. As part of the brand new *Healthier Living: Managing Your Ongoing Health Condition* program, these volunteers commit to a six week training course and after graduating go on to teach those dealing with chronic conditions such as diabetes, cancer, heart disease and arthritis how to live healthier lives.

If you don't have a lot of time, but still want to help out, volunteer for Arapahoe County's snow shoveling program. The County will match you with a senior or disabled citizen in need of sidewalk and driveway snow shoveling during storms. Get a workout and help a neighbor in need.

"Through the dedication of volunteers, Arapahoe County is able to extend its reach into the community and help more residents," said Val Purser, Volunteer Connections Coordinator. "It's an incredible partnership with our citizens that results in an enormous impact."

If you'd like to volunteer for any of these opportunities, call Arapahoe County's Volunteer Connections at 303-738-7938.

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