

**Friday, September 11, 2015
10:00am - Noon**



PAL 55+
PEMBINA ACTIVE LIVING

Grace Christian Church, **50 Barnes St.**

I want to VOLUNTEER!

Are you interested in getting more involved with your community or are a new PAL volunteer? Do you want to learn more about PAL and how you can enhance the



opportunities that PAL offers? Join us for an orientation to PAL (55+), learn about your rights and responsibilities as a volunteer and even how to be an effective committee member.

**Committees are critically important
to PAL's operation.**

**For more information contact PAL (55+) at
office@pal55plus.com or by phone 204.946.0839**