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FOR IMMEDIATE RELEASE

**Volunteer MBC Participates at
Brampton Seniors Fair**

February 22, 2010 – Mississauga, ON – Volunteer MBC (Mississauga, Brampton, Caledon) will be a participant at a Seniors Fair tomorrow, on Tuesday February 23, 2010 from 10:00 a.m. to 3:00 p.m. at the North Bramalea United Church. Newly retired seniors and seniors who are interested in becoming socially engaged and who would like to contribute to the well-being of their community, or those who are interested in using their life experience and skills to help others in need are invited to drop by to visit the volunteer centre.

The 'Seniors Fair' has been sponsored by Councillor Gael Miles, Wards 7 & 8 Regional Councillor and Councillor Sandra Hames, Wards 7 & 8 City Councillor in partnership with the Brampton Flower City Seniors. In addition to over twenty-five (25) community agencies and organizations who will be presenting their programs and services for seniors, a number of workshops will be presented to include information on housing options for older adults, leisure and recreation programs, health and wellness, and financial and estate planning. The North Bramalea United Church is located at 363 Howden Blvd. (at Vodden Street) in Brampton.

Volunteer MBC will be providing detailed information at their booth for seniors who are interested in volunteering. "There are so many benefits, including health and well-being, for seniors to actively volunteer," stated Carine Strong, Executive Director of Volunteer MBC. "As you approach your later years of life, what a wonderful way to contribute to your community for a cause that you not only believe in, but where you can put your lifetime of skills and experience to a great use."

In the coming months, the volunteer centre will be launching a Retired Seniors Volunteer Program (R.S.V.P.) where they will be actively promoting volunteerism for the older adult through presentations to senior's clubs, rotary clubs and legions, as well as through various other community outreach initiatives, including other senior fairs across the Region of Peel.

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“It’s important for our centre to assist retired individuals with finding a volunteer opportunity that will complement their lifestyle, suit their personality, and to help them realize the potential of their voluntary contribution,” further stated Ms. Strong.

Volunteer MBC is a volunteer centre serving the cities of Mississauga and Brampton, and the Town of Caledon. The centre offers a referral service for volunteer placement within the community for all ages to include seniors, youth, newcomers and groups. They also serve the corporate community with various programming services that engage team volunteering. Additionally, the centre provides education and support for volunteers and community service agencies and organizations through topic and issue related workshops, comprehensive and informative programs, and community outreach.

Volunteer MBC is located at 2601 Matheson Blvd. E., Unit #43 in Mississauga, with satellite locations planned for the future in Brampton and Caledon. For more information about Volunteer MBC visit www.volunteermbc.org, or call 905.238.2622, or send an email to info@volunteermbc.org.

- 30 -

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