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FOR IMMEDIATE RELEASE

**Volunteer MBC Participating in
Caledon Healthy Living Show**

November 3, 2011 – Brampton, ON – The Caledon community is invited to drop by and visit Volunteer MBC, the local volunteer centre, at the Caledon Healthy Living Show. The show will be held this Saturday, November 5, 2011 at the Caledon East Community Complex, 6215 Old Church Road, Caledon East from 10:00 a.m. to 5:00 p.m. The centre will be there to promote local volunteer opportunities and to provide information about how to access their on-line volunteer opportunity database.

“Volunteering helps maintain a healthy and active lifestyle,” said Carine Strong, Executive Director of Volunteer MBC. “Several studies have shown that there are psychological benefits to volunteering. Individuals who volunteer experience increased endorphins, which reduces stress and increases the immune system.”

Sharon Clark-Koufis, Marketing & Communication Manager said, “We are always looking for opportunities to participate in community events, like the Caledon Health Living Show, so we can spread the word, answer any questions that people may have, and to share information about volunteering within the community.” She also noted, “There are many organizations in the community that need volunteers of all ages to help out, and by having our website and on-line volunteer opportunities database this makes it so much easier to get information with just a click of a button.”

Volunteer MBC is a volunteer centre serving the cities of Mississauga and Brampton, and the Town of Caledon. The centre offers a referral and matching service for volunteer placement within the community for all ages. They also provide education and support for volunteers and community service agencies and organizations, and serve the corporate community with various programming services that engage individual and team volunteering. Additionally, the centre strives to be a strong voice to support and promote volunteerism.

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Volunteer MBC is a member of the Community Door, which is located at 7700 Hurontario Street, Unit 601, in Brampton. A new Mississauga location will be announced shortly. A satellite location is also planned in Caledon in the future. For more information about the volunteer centre, and to access their on-line volunteer opportunities database, visit www.volunteermbc.org.

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