



THRIVE WORKSHOP

MOTIVATING FACTORS FOR VOLUNTEERISM AMONG OLDER ADULTS



Mariah Socorro Hernandez

About the Facilitator:

Mariah is a healthcare professional and recent High Honours graduate of Sheridan College with a Bachelor of Social and Community Development.



SATURDAY JULY 11th 2026



2:00 PM - 5:00 PM



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(905) 629-3044



Sheridan College
7899 McLaughlin Rd, Brampton
ON L6Y 5H9
Room C328
(Free Parking)

What You Will Learn:

- ⊕ Understand what motivates older adults to volunteer
- ⊕ Learn how volunteering supports healthy aging and well-being
- ⊕ Identify barriers to volunteer participation
- ⊕ Explore ways to recruit and retain older adult volunteers

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