



LifeBalance Community Corner

The LifeBalance Community Corner is an integral component of the Wellness Window, featuring opportunities for members to share their time and expertise to improve the lives of others. Focusing primarily on volunteer experiences, the Community Corner provides a customized experience for each member, recognizing the unique abilities and resources each individual is able to contribute.

The Community Corner opportunities are displayed in three easy to navigate sections. Each section provides information on numerous volunteer experiences available and how to participate.

- **Voluntourism:** The voluntourism portion of the Community Corner focuses on opportunities for groups or individuals to share their resources while taking a trip or tour. Destination locations, financial commitment, length of opportunity and required skill set vary greatly from one volunteer experience to the next, making voluntourism a perfect fit for many LifeBalance members.
- **New Volunteer:** The new volunteer area of the Community Corner is designed for individuals who are interested in integrating a volunteer experience into their quest for a healthy and balanced life. By asking members to define their skill sets, available resources, interests and motivation for participation, the Community Corner provides each LifeBalance member with the tools and guidance needed to improve the lives of others.
- **Giving From Home:** The giving from home section of the Community Corner helps members identify local volunteer opportunities as well as ways to assist others without ever stepping out of your home or office. The diverse opportunities available range from gardening to sewing to writing letters. The multitude of options combined with the ease of volunteering at any time makes the giving from home section a popular feature for LifeBalance members and clients.