



**TIME WELL SPENT**  
SENIOR WELLNESS

## **Volunteer Opportunity**

### **Social Media Content Creator & Guest Blogger**

Time Well Spent Senior Wellness is looking for therapeutic recreation volunteers to assist with social media content and blog posts. Do you have past assignments that would make an interesting blog post? Would you like to promote therapeutic recreation to the public? Interested in online marketing? Get in touch!

I am specifically looking for interesting content for older adults and caregivers. Posts could include information about the benefits of TR, leisure activity ideas, infographics, healthy aging, and much more!

You will receive credit for all the content posted to Time Well Spent's website and social media platforms.

As a volunteer, you will receive the following benefits:

- Learn about private practice in the field of therapeutic recreation
- Mentorship from an experienced CTRS and Douglas College TR graduate
- Gain experience using Canva for graphic design and marketing on platforms such as LinkedIn, Facebook, Google Ads, and a blog.
- Online networking opportunities
- Reference letter

If you are interested in this opportunity, please get in touch!

**Contact:** Christine Chipman

**Phone:** (778) 984-7144

**Email:** [info@timewellspentbc.com](mailto:info@timewellspentbc.com)

**Website:** [www.timewellspentbc.com](http://www.timewellspentbc.com)

"Time well spent leads to life well lived" – M.U.U.

