

Independent Living Services

Volunteering

P.O. Box 1070
Conway, Arkansas 72033

phone: 501-329-8249
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FITNESS LEADER

Description:

Independent Living Services is looking for fitness leaders who would be willing to lead classes and work one-on-one with consumers including but not limited to the following areas:

- Tea & Tai Chi
- Stretching
- Yoga
- Pilates
- Walking
- Low-impact fitness training

Time Commitment:

1 hour minimum.

Location:

Group homes, Parks in Conway, Arkansas, other Independent Living Services locations.

Requirements/ Experience:

All volunteers must be 18 years of age or older to participate.

Strong preference is given to volunteers with or working toward a degree or certification in fitness, nutrition, physical or occupational therapy or another related field.

Our Mission

Independent Living Services is a nonprofit agency whose purpose is to assist in making a better life possible for people with developmental and intellectual disabilities in central Arkansas. Independent Living Services recognizes each person as different and provides an array of services to best meet individual needs and maximize choice.

For more information on volunteer opportunities please visit www.indliving.org.

