



## How Can I Help? Volunteer Opportunities

*Contact Lacey Updegraff to discuss ways to support the Alabama Kidney Foundation.*

*We need you!*

### Kidney Walk Volunteer Opportunities

- Walk Prep Team (4 Needed): Help unpack and bring over boxes the day before the walk (Friday)
- Set Up (6 Needed): Set up tents, tables and chairs the morning of the Kidney Walk. This is an early morning & strong backs are needed!
- Decorations (6 Needed): Blow up balloons, set out prizes, decorate tables, etc.
- Registration (6 Needed): Welcome walkers and their guests, sign in teams, give out prize vouchers, accept donations
- Volunteer Table (2 Needed): Assign volunteers to their area of service
- Money Runners (2 Needed): Take money from Registration to the Audit Room
- Interactive Photographer (1-2 Needed)
- Team Portrait Photographer (1-2 Needed)
- Prize Distribution Tables (6 Needed): Distribute prizes to walkers and their team members
- Children's Area (8 Needed): Help control crowds and entertain children and families while they wait in the fun Children's Area!
- Food Area (6 Needed): Help set up the food and drinks before and during the walk, pass out food during the walk, clean up the food area after the walk
- Door Prize Table (1 Needed): Hand out door prizes during the walk
- Interactive Warm Up Instructor (1 Needed): Do a brief 2-3 minute warm up for all participants
- Break Down Team (6 Needed): Help break down all decorations, tents, tables and chairs after the walk

### Patient Education Conference Volunteer Opportunities

- Registration (2 Needed): Help get patients registered before the conference begins
- Food Area (2 Needed): Help make sure the food line is fully stocked while patients receive their lunch

### Holiday Stocking Stuffer Project Volunteer Opportunities

- Room Decorations (5 Needed): Come before the Stocking Stuffer begins and make the room more festive!
- Gift Preparation (50 Needed): Help wrap, sort and distribute the gifts as the social workers arrive to pick them up
- Heavy Lifters (3 Needed): Help carry (heavy) boxes of gifts to the social workers' vehicles
- Food Area (3 Needed): Plan, purchase and display the snacks/food for the social workers, staff and volunteers

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