



# Tantalus Wellspring Society

*Cultivating a Culture of Health, Wellness, and Community*

## Three Ways to Get Involved

### **VOLUNTEER**

#### **HOLD YOUR OWN FUNDRAISER**

Use your creativity and skill to help fundraise for Tantalus Wellspring Society (bake sales, bottle drives, dog washes, dance-a-thon...the sea to sky's the limit! ).

#### **VOLUNTEER AT EVENTS**

From time to time Tantalus Wellspring holds events or workshops, for which we need volunteers. If this interests you, we will put your name on a list and keep you informed of upcoming opportunities.

#### **BRING YOUR TALENTS AND INTERESTS TO TANTALUS WELLSPRING**

TWS will be looking for people to help support delivery of the programs being offered (fundraising, grant-writing, IT/web- support, book-keeping, marketing etc.) . We are also seeking practitioners who may be willing to share their knowledge and skills by facilitating community workshops.

### **BECOME A MEMBER**

#### **A membership with a purpose:**

Our Membership Program is a great way to support and become involved with Tantalus Wellspring Society. Your annual membership fee will go directly to supporting programs of Tantalus Wellspring Society.

#### **TWS Membership Benefits include:**

- Invitation to Community Wellness Workshops
- Subscription to quarterly newsletter

### **JOIN THE BOARD**

Contact Tantalus Wellspring Society to express your interest and a board member will be in touch to provide you with a brief orientation and outline the application process.

[www.tantaluswellspring.ca](http://www.tantaluswellspring.ca)



# Tantalus Wellspring Society

## MEMBERSHIP REGISTRATION

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Initial: \_\_\_\_\_

Organization: \_\_\_\_\_  
(If applicable)

Address: \_\_\_\_\_  
Street Name

City/Town Province Postal Code

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Type of Membership:

Individual \$20      Low Barrier \$5      Organizational \$50      Another Amount \$ \_\_\_\_\_

Membership Expiry Date: \_\_\_\_\_  
Month / Year

I would also like to make a donation in the amount of: \$ \_\_\_\_\_

- Cheque
- Cash

Are you interested in hearing about other ways to contribute?

- Volunteer Opportunities
- Service on Board of Directors
- Sponsorship Opportunities

Would you like to receive a copy of our e-newsletter?

- Yes
- No

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_