



To become a VA MRC volunteer,  
apply at **[www.vamrc.org](http://www.vamrc.org)**.

**Help the community.  
Rock your resume.**

***Help protect your community's health.***

### **Western Tidewater Unit**

*The Western Tidewater Virginia Medical Reserve Corps serves the counties of Isle of Wight and Southampton, as well as the cities of Franklin and Suffolk.*

**[westerntidewatermrc@vdh.virginia.gov](mailto:westerntidewatermrc@vdh.virginia.gov)**

**757-514-4768**



**Western Tidewater**

**VIRGINIA**



Looking for some real-world experience? It doesn't get more real than helping your community deal with a natural disaster, a terrorist attack or the outbreak of a communicable disease. As a member of the Virginia Medical Reserve Corps Western Tidewater unit, you can be part of a force of dedicated volunteers, ready to respond in times of crisis, as well as lending support for public health initiatives.

### Free training, priceless experience.

Not only will the community benefit from your service, but so will you. As a volunteer you'll receive training in public health, emergency and terrorism response, disaster mental health, CPR and first aid. Courses are free and some provide educational credits. Especially if your career path is leading you to the health care field, your experience with the VA MRC could be invaluable.

### Anyone can volunteer!

*Many positions are available. Ask if there are others matching your skills and experience.*

Disaster Preparedness  
Educator

Event Coordinator

Health Educator

Interpreter

Logistics Coordinator

Medical Aide

Medical Screener

Recruiter

Volunteer Coordinator



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