

MAX PRIMMER SAYS



GET OFF YOUR ARSE & BECOME A VOLUNTEER

Why become a volunteer

- Be part of the community
- Give back to community
- Build community
- Feel like you belong
- Make new friends
- Help others
- You'll never be lonely
- Hear amazing stories
- Improve your mental health
- Create a better world.

Volunteer locally at your

- Neighbourhood centre
- Library
- Information Centre
- Health service
- Aged care service
- Sports Club
- Queer festival

Be a Queer Volunteer

- Joy FM
- The Pride Centre
- Switchboard
- Midsumma Festival
- Queer Film Festival
- The Archives
- Chill Out Festival

Become an organ donor and save someone's life at
<https://www.donatelife.gov.au/register-donor-today>

Read more about Max's story at
celebrateageing.com/turbulence