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## **Thousands of Volunteers Lend a Hand during 18<sup>th</sup> Annual Hands On San Diego**

**San Diego, CA** – More than 3,000 volunteers are expected to descend on hundreds of projects at San Diego nonprofits, schools, parks, and recreation centers to conduct activities ranging from tutoring, to landscaping, serving meals, building and playground renovations, and mural painting.

Volunteer opportunities available cover the range of skills, abilities, ages, and individual or group preferences. This is the 18th annual Hands On San Diego event, intended to celebrate volunteering's impact on the community, as well as encourage current, inactive, and new volunteers to give their time.

The event is organized by Volunteer San Diego. It is sponsored by QUALCOMM, Hamilton Sundstrand, Teradata, Asymtek, Barona, Cricket Communications, GKN Aerospace, Hewlett Packard, HSBC Auto Finance, Mitchell International, Petco, San Diego National Bank, San Diego Padres, SeaWorld, Solar Turbines, Sony, and Union Bank of California Foundation, and VAVi Sport & Social Club.

Some of the key volunteer projects include:

Saturday, 9/20 – Adams Avenue Rec Center Renovation in Normal Heights – 8am-noon – 100 volunteers – this is a great event to kick-off the additional renovations the following weekend and promote the event to the community for more volunteers to sign up the following weekend.

Thursday, 9/25 – Camp HOPE renovation outside Ramona – project with the First Lady Maria Shriver's office, CaliforniaVolunteers, VONS/Safeway, and KaBOOM to renovate a camp for abused and neglected children – 85 volunteers – all day event, with Shriver first thing in the morning

Saturday, 9/27 – 15 Rec Center Renovations all across San Diego County with a signature event at Southcrest Rec Center in 92113 ( Logan Heights ) – 150 volunteers - 8am-noon

Schedule, location, and opportunity details are available at [www.volunteersandiego.org](http://www.volunteersandiego.org) or by calling Kelli Ochoa at kochoa@volunteersandiego.org or 858-636-4133.

### **About Volunteer San Diego**

Volunteer San Diego creates lasting community impact through meaningful individual and group volunteer action in the greater San Diego area. Through dedicated volunteer programs—specialized to facilitate and leverage individual, group, and corporate volunteers—it equips, inspires, and

mobilizes the manpower, talents, and skills of more than 36,000 individuals. This results in more than \$2 million worth of service to the community annually.

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