

MINDFULNESS TRAIL

Volunteer Sign-Up Sheet

Name: _____

Phone: _____

Email: _____

I'd like to help with (check any):

- ☐ Mystery Site Project
- ☐ Shoreline Fossil
- ☐ Diversity and Ecology Project
- ☐ 18th, 19th, and 20th Century Farming Project
- ☐ Pine Tree Dating and Mapping
- ☐ Trail Development and Maintenance Project
- ☐ Visitor Center Help
- ☐ My Idea for a Project (explain on back)
- ☐ Anything

Times I'm usually available:

Anything else we should know?

Emergency Contact (Name + Phone):

- ☐ I understand volunteering may involve outdoor activity and I will follow safety guidance.

Signature: _____ Date: _____

Drop off, email to office@mindfulnesstrail.org, or mail to:
Mindfulness Trail, 661 Highland Road, East Warren, Maine 04864