

Paton Souder/ July Volunteer Spotlight

What type of volunteer work do you do for Komen Dallas County? I volunteer for health fair events around the Dallas County area, and I also volunteer for the Susan G. Komen Race for the Cure®.

How long have you been volunteering with Komen Dallas County? I have been volunteering with Susan G. Komen for 1 year.

What do you enjoy most about volunteering with Komen Dallas County? I love being out in the community and bringing awareness to our cause. I enjoy providing new information to those who may need it, and seeing how appreciative they are for it.

What is the best part of being a Komen Volunteer? I love helping other women feel empowered about their health. I enjoy providing information to women about how to stay on top of their health, and what they can do for preventative care. I also love the feeling that comes from letting women know they are not alone in the fight and there are many places/people that are here to help, and who provide tons of support.

What does Komen Dallas County mean to you? It's a place for me to go where I feel like I am making a difference not only in someone's life, but also the community.

What have you learned through your experience? One of the biggest things I have learned through this experience, is how far we have come medically in fighting this disease. I believe that is all attributed to the people involved in the organization and the volunteers that help with events.

What would you share with others who are considering volunteering with Komen Dallas County? I would encourage anyone who is considering volunteering to do it. It is very rewarding and empowering. The more volunteers we have, the more we can help spread the word and provide that needed support.