## You can help members of your community to stay healthy and independent!

Meals on Wheels is looking for people to volunteer to deliver meals once a week.

Volunteers can choose any day, Monday through Friday, from 11 AM to 1 PM.

Routes are available in various locations throughout Broome County.

You can sign up to be a driver, a visitor, or both.





Call (607) 778-6206 to find out how you can volunteer!



## Why Should I Volunteer?

Volunteering at Meals on Wheels brings a sense of fulfillment.

New volunteers quickly become part of a close-knit, caring group of people.

Volunteers' dedication toward the clients they serve is truly inspirational!

Office for Aging