



Do you have what it takes to be a volunteer?

Pemi-Baker Community Health is offering a free

Hospice Volunteer Training Program

Tuesdays 4-6pm, January 7th– February 4th. (5 weeks)

Hospice Volunteers help in a variety of ways: writing letters, reading to clients, light house keeping, relieving family caregivers, helping with outside chores, walking the dog, as well as helping with fundraisers or events. Most volunteers help 2-4 hours per month. Not only will you be helping a family, you will find you will personally benefit too!

Information/Registration: contact Lisa Fortson, MSW



Home Health(VNA) • Hospice & Palliative Care • Physical Therapies • Aquatics & Fitness

101 Boulder Point Drive | Suite 3 | Plymouth | NH | 03264

603-536-2232 | www.pbhha.org

VOLUNTEER
all that's missing is **U**!