THE HEALING POWER OF HELPING OTHERS

Many older people today are feeling the weight of loneliness or lack of purpose. Spotlighting the healing power of volunteering will be Cassie Rose from Community Volunteer Network. Also, representatives from agencies supported by CVN will share the mental and physical benefits they've experienced by helping others. This program is presented in English.

FRIDAY, JUNE 5 | 10:30 - 11:30 AM

MEDFORD LIBRARY

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