

HAPPINESS KNOCKS *when you volunteer*

Meals on Wheels provides so much more than a nutritious meal. The moment you knock on that door, you make a connection. It might be a quick hello or a conversation, but the impact lasts a lifetime.

Not just for those receiving the meal, but for you, too. Deliver a meal and change a life.

**IMMEDIATE NEED IN:
BURLINGTON**



Age Well's Meals on Wheels Volunteer
802-662-5249
volunteerservices@agewellvt.org

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