

AN OPPORTUNITY

is being offered to all community members
to take part in the delivery of

Meals on Wheels

Meals are provided to residents
who are unable to prepare nutritionally-
balanced meals for themselves.

If you, your workplace, or your group would
be interested in delivering meals on a casual basis,
please call

Volunteer Services @ 1-800-205-2273 or 691-6508

**We are looking for new drivers in
Assiniboia and Moose Jaw at this
moment**

Benefits:

- an opportunity for community involvement
- be able to provide a nutritious meal to those in need



*"Volunteers don't necessarily have the time,
but they have the heart."*

--Anonymous