

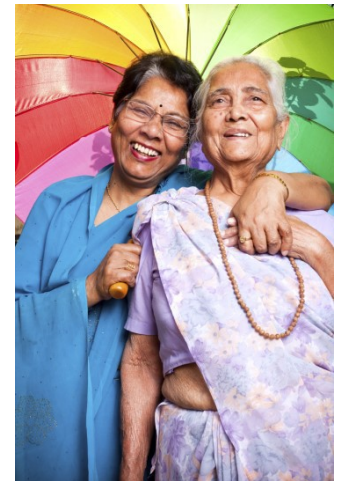
Volunteer Healthy Living Workshop Leaders Needed



Co-lead multi-session healthy living workshops, in person and remotely. Evidence-based classes on various topics are designed to reduce fall risk, provide support for caregivers, or improve self-care with chronic disease.

Leader training, support and stipends provided.

Join the team of Minuteman volunteers who invest in their communities each week and make a real difference in the daily lives of their neighbors.



If you are interested in this volunteer opportunity, please contact our Volunteer Coordinator at volunteer@minutemansenior.org or call 781-221-7093.



Our mission is to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence.



www.minutemansenior.org



Member of

the *healthy living*
Center of Excellence