## Change Your Neighbor's World. Change Your Own.

As America ages, increasing numbers of older adults need a hand to stay healthy and independent.

You can help! Join a skilled team to power up aging and disability services for older adults. And keep yourself active, healthy, and learning!

Choose from these options, or tell us what you'd like to do:



Engage the wisdom of age...yours.



A project of The Aging Network's Volunteer Collaborative • www.PowerUPVolunteers.org