

Volunteers Needed!

Benefits of Volunteering

1. Strengthen ties with your community.
2. Being generous with your time can reduce stress and make you feel happier.
3. Volunteering builds connections.
4. Build self-esteem & confidence.
5. Gives you a sense of purpose and makes you feel fulfilled.

Types of Volunteers

- Companions
- Pet Therapy
- Musicians & Singers
- Reiki
- Hair Dressers
- Reading & Writing
- Light Housekeeping

No time commitment.

Contact Gail at 732.974.2545 or grabstein@ehcnj.com for more information.

