

Who can we contact to speak to the following groups?

- Church
- Civic
- Book club
- Business for volunteer project or donation
- Student/youth

Can you help connect us with someone to provide the following services?

- Dentist
- Doctor, Nurse
- Optometrist
- Podiatrist
- Massage
- Blood sugar/cholesterol
- Hair
- Nails
- Musicians (piano player, singers, etc.)

Can you help us reach out to business owners about sponsoring events?

- Auto and insurance agent
- Car dealer
- Banker
- Pharmacy

Are you willing to donate the following gift cards or connect us with the right people to ask?

- Restaurants
- Stores
- Gas
- Pharmacy
- Amazon

Are you interested in volunteering to help facilitate a program or teach a class

- Matter of Balance
- Chronic disease/pain
- Sewing, knitting, crochet, needlepoint
- Wood
- Crafts

EVERYONE CAN SHARE COA NEWS ON SOCIAL MEDIA!