



Meals on Wheels and Senior Outreach Services

Urgent Need for Volunteer Drivers in Antioch, Bay Point, and Pittsburg!

Do you have 2–3 hours one day each week to deliver hot, nutritious meals to homebound seniors?

Groups are also encouraged to apply.

Does your service club, church, or business want to have a significant impact in your community?

Please consider adopting a weekly Meals on Wheels route!



You can help by becoming a Meals on Wheels volunteer driver!

For more information, contact Carol Louisell
at clouisell@mowsos.org or 925-954-8736

Saving lives one meal, one ride, or
one visit at a time.

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