



What We Are:

Augusta Well Together believes volunteering is beneficial to a person's health and well-being, reducing stress, improving mood, and providing a sense of purpose. Current opportunities to give back to your community and earn wellness points are listed below. Please email the contact person if you want to volunteer your time. Points will be awarded after the event has concluded. *Limit 1000 points per quarter.*

Current Events:

Event	Date, Time & Location	Contact Person	Points Value	Notes
Food Pantry	Mondays @ 8a - 4p Tuesdays @ 12p - 4p Thursdays @ 8a - 4p	Abby Calvert <u>amcalvert@augu</u> <u>stahealth.com</u>	500 points (2 hour shifts) 1000 points (4 hour shifts)	You can choose 4 hour time slots (preferred) or 2 hour time slots (less preferred) to volunteer. Volunteers will be checking patients/community members in & restocking the food pantry when needed.
Volunteer at the AH Farm	Every other Tuesday beginning April 9 10am - 12pm or 4pm - 6pm	Hannah Dorrel hdorrel@august ahealth.com	500 Points	Please wear closed-toed shoes and garden appropriate clothing. <u>Click here to sign up</u>

Event	Date, Time & Location	Contact Person	Points Value	Notes
Food Box Delivery	July 9	Catherine Hill <u>chill@augustahea</u> <u>lth.com</u>	500	Pick-up food boxes around 9:30/10a at ACC. Deliveries unless take around 1/1.5 hr.
Food Box Delivery	July 23	Catherine Hill <u>chill@augustahea</u> <u>lth.com</u>	500	Pick-up food boxes around 9:30/10a at ACC. Deliveries unless take around 1/1.5 hr.
Food Box Delivery	August 6	Catherine Hill <u>chill@augustahea</u> <u>lth.com</u>	500	Pick-up food boxes around 9:30/10a at ACC. Deliveries unless take around 1/1.5 hr.
Food Box Delivery	August 20	Catherine Hill <u>chill@augustahea</u> <u>lth.com</u>	500	Pick-up food boxes around 9:30/10a at ACC. Deliveries unless take around 1/1.5 hr.
Food Box Delivery	September 3	Catherine Hill <u>chill@augustahea</u> <u>lth.com</u>	500	Pick-up food boxes around 9:30/10a at ACC. Deliveries unless take around 1/1.5 hr.
Food Box Delivery	September 17	Catherine Hill <u>chill@augustahea</u> <u>lth.com</u>	500	Pick-up food boxes around 9:30/10a at ACC. Deliveries unless take around 1/1.5 hr.