



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@au</u> g <u>ustahealth.co</u> <u>m</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. |
| Crops to Community: Food Box Delivery | Every Other Tuesday Starting April 1: April 1, April 15, April 29, May 13, May 27, June 10, June 24 | Catherine Hill <u>chill@augustah</u> <u>ealth.com</u> | 500 | Pick-up food boxes around 9:30/10a at ACC. Deliveries unless take around 1 hr. |
| Farm Volunteers Needed | Dates and times varies during the month of April. <u>Click</u> <u>here to see all.</u> | Hannah Dorrel hdorrel@augu stahealth.com | 500 | You don't have to commit to the entire time slot—simply volunteer for as long as your schedule permits. |

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|----------------------------------|--------------------------|---|-----------------|---|
| Senior Health Expo | April 11 @ 9am - 1pm | Amy Markham amarkham@a ugustahealth.c om | 1000 | Expo will be held at the Gypsy Hill Park Gymnasium |
| Shenandoah House Gardening | May 7 @ 4pm - 6pm | Angela Cooper alcooper@aug ustahealth.co m | 500 | Start and end times are flexible for your schedule |
| Shenandoah House Gardening | May 9 @ 4pm - 6pm | Angela Cooper alcooper@aug ustahealth.co m | 500 | Start and end times are flexible for your schedule |
| Shenandoah House Gardening | May 21 @ 7am - 9am | Angela Cooper alcooper@aug ustahealth.co m | 500 | Start and end times are flexible for your schedule |
| Shenandoah House Gardening | May 23 @ 7am - 9am | Angela Cooper alcooper@aug ustahealth.co m | 500 | Start and end times are flexible for your schedule |
| Shenandoah House Gardening | June 13 @ 4pm - 6pm | Angela Cooper alcooper@aug ustahealth.co m | 500 | Start and end times are flexible for your schedule |