



MANHATTAN BEACH PARKS & REC OLDER ADULTS PROGRAM

1400 Highland Avenue, Manhattan Beach, CA 90266

VOLUNTEER OPPORTUNITIES

Volunteering can improve your health! A five- year study by Americorp showed that older volunteers in the United States experienced a 44% lower mortality rate than those who did not volunteer. Another study showed an 8.5% increase in mental health. We want you to live longer and be happy so..... following the March 21st Lunch Bunch Michelle Ami-Cortez and Officer Jessica Borella of the Manhattan Beach Police Department will be discussing opportunities available for volunteering.

Michelle is the Recreation Supervisor working with opportunities within the City and community groups and Officer Borella is recruiting volunteers for within the Manhattan Beach Police Department, including the Victims Assistance Team and other opportunities.

Reserve your space for the March 21st Lunch Bunch and plan to stay afterwards for the 1:00-2:00pm presentations.

TUESDAY, MARCH 21

1:00PM

JOSLYN COMMUNITY CENTER

OCEAN BANQUET HALL

