

# You are invited to join
# Brisbane Village Helping Hands
# For *wine, cheese and cheer*

**Whether you have already joined**
**Brisbane Village Helping Hands;**
**are considering membership;**
**considering volunteering;**
**or just want to learn more …**

*You are invited to attend.*
*We are a grassroots,*
*all-volunteer organization*
*dedicated to helping older*
*Brisbane residents age in place.*

**Where**: Sunrise Senior Center
**When**: March 11, from 3 to 5 p.m.
**For**: Socializing, info, signup forms
appetizers, drinks

**Email us:** **Brisbanevillagehelpinghands@gmail.com**

**Call us:** **415-508-2185**

**Visit Online:** **Brisbanevillage.org**

## How does BVHH Help ?

**Transportation**

**Friendly visiting**

**Home repairs**

**Coordination of volunteers**

**Technology**

**Social events**

**Gardening**

**And more!**

## Benefits?

**Help others**

**Give back to Brisbane**

**Meet people**

**It's fun**

**Improves mental health**

*Brisbane Village Helping Hands*