Are you looking to give back to your community and make a difference in the lives of others?

Become a Health and Wellness Coach!

Jewish Family Service of Los Angeles is seeking individuals ages 65 and older to volunteer offering peer companion services to older adults in the community.

As a Health and Wellness Coach you will enhance the lives of seniors by:

- Spending quality time doing activities you both enjoy
- Accompanying seniors on shopping trips, doctor’s appointments, or on social outings
- Monitoring their well-being, identifying changing needs, and easing access to community resources.

Health and Wellness Coaches will benefit from:

- Professional training to develop valuable skill sets
- Creating a more meaningful retirement

Help us keep seniors living independently in their communities.

For more information, please call:
Katie McMahon MSW, MPH: (323) 629-0028 • Paula Garcia Rodriguez, MA: (213) 260-7915

*Hablamos español*