



## Make a difference — one bite at a time!

**Partners Assisting Activities and Lending Support program (PAALS)** is a new volunteer opportunity at Winchester Medical Center. Volunteers will go through special training to offer companionship to our patients, which might include assisting with feeding dependent patients at meal times and offering support during the transition from day to night.

This opportunity is open to individuals of all ages. Volunteers will interact closely with clinical staff. Become a volunteer and use your knowledge and time to touch the lives of your neighbors.

**Questions about this amazing opportunity or to sign up call  
Volunteer Services at 540-536-8158.**