

# Economy got you down?



Try **VOLUNTEERING** - things will look up!

You could help with...

..feeding families.. pet care.. elder visits.. firefighting.. administration..  
hospital info.. school mentoring.. church outreach.. tutoring.. advocacy..  
conservation work.. trail maintenance.. visiting shut-ins.. museum tours..  
camp counseling.. library work.. childcare.. local events.. teaching music..  
broadcasting.. writing blogs.. photography.. story-telling.. board service..  
emergency rescue.. college trustee.. school gardening.. website design..



Your local non-profit volunteer management center:

**Volunteer Management Centers, Inc.**

280 West Hanover Avenue

Morristown, NJ 07825

973-538-7200

[www.vmcnj.org](http://www.vmcnj.org)