



Cougs supporting the community that supports the Cougs



Come march around the track and make donations to provide hot meals and better nutrition for our Whitman County seniors.

Find all you need to know to about March for Meals on Facebook: <http://tiny.cc/marchmealsFB>

"If you can't feed a hundred people, then feed just one." -Mother Teresa

Hello fellow Coug,

It's time to get in your last community service hours of the school year! March for Meals 5th annual march is bringing the Colfax and Pullman community together to raise funds to support Meals on Wheels, a senior nutrition program of the nonprofit organization Council on Aging and Human Services. This program offers seniors hot meals delivered to their homes, congregate meals to socialize over a meal together, and dietary supplements to provide healthier nutrition.

- Who:** Participants include individuals, businesses and organizations who can form a group of marchers or sponsor the event.
- Where:** At both the Colfax High School Track and the Pullman City Playfields
- When:** Saturday, April 30, 2011
9 a.m. to 11 a.m.
- Registration:** Registration costs \$10, which includes snacks, water and a souvenir towel. Every \$5 raised provides a nutritious meal to a senior citizen in the nutrition



For over 35 years, Meals on Wheels provided seniors aged 60 or older support in eliminating hunger and malnutrition. It offers congregate meal sites, dietary supplements, and food preparation and home delivered meals on a donation basis. The program also operates food banks and commodity distributions for all ages in 12 communities around rural Whitman County.

Why March? Top 10 Reasons Why You Should Volunteer:
<http://tiny.cc/volunteer430>

program.

Support a senior by calling our Council on Aging & Human Services office and pre-registering.

Contact: Amanda Rich
Care Manager/Program Coordinator
coaamanda@qwestoffice.net
(509) 397-4305, ext.102



Volunteers can also register at the event the day of. Donations welcomed if unable to register the day of the event.

Hope to see you marching!

Best Regards,
Courtney Meehan

Tel: (509) 397-4611

Toll Free: (800) 809-3351

Fax: (509) 397-2917

Website: <http://www.coa-hs.org/>

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