



Volunteerism: The Secret to Health & Happiness

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging,

Room 200

March 14, 2012 (Wednesday)

Presenter: Linda Siemens & Marci Michnick

Research suggests that volunteering is beneficial to the health of older adults:

- Learn about the health enhancements associated with volunteer activity
- Discover volunteer opportunities in the community

Linda Siemens, MSW, is the Executive Director of Shepherd's Center, Kansas City, Kansas, an interfaith, multicultural nonprofit organization that promotes and supports successful aging. Shepherd's Center provides services that reach more than 1,200 people in Wyandotte County, focusing on health enrichment, education and home services.

Marci Michnick, MSW Intern at the Landon Center on Aging, has an interest in the healthy aging of older adults.



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Call Matt Chandler at 913-588-3094 to Register.

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