



More than just a meal!



*Do you or someone you know live in the Upper Perkiomen Valley and need help with meals? Meals on Wheels can help at **no cost** to qualified participants!*

Meals on Wheels provides:

- ◆ *Home-delivered, nutritious, well-balanced meals*
- ◆ *Friendly daily visit*
- ◆ *Ability to stay in your home*
- ◆ *Short-term or long-term service*

Qualifications vary, but individuals typically are 60 or older, and unable to shop for themselves or prepare meals. Other needs are taken into consideration - see if you qualify now!

For more information, please contact The Center at The Open Link: 215.679.6550 or email centermanager@theopenlink.org.

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