



CALLING ALL BIXBY VOLUNTEERS

help us make a difference in our community

Meals on Wheels depends exclusively on volunteers to deliver meals to the homebound elderly and disabled citizens in our community.

Join us on Tuesday, October 21st at North Heights Church of Christ - 11710 S. Memorial Dr. 1:30 PM, to learn more!

As a delivery volunteer you will help reduce the loneliness and isolation our meal recipients often experience. Please help deliver Meals on Wheels today!

12620 E. 31st St. Tulsa, OK 74146
918-627-4103 • www.mealsonwheelstulsa.org

it only takes

one

one hour to
deliver meals

one day a week

one gallon of
gasoline

one
life-changing
experience

mdw
meals on wheels
of metro tulsa

delivering more than
just meals