

IS COOKING OR SHOPPING FOR FOOD GETTING TOO MUCH FOR YOU?

Do you need assistance to remain in your own home?

If you:

- are 65 or over, OR
 - have a disability, AND
 - need some help in looking after yourself at home,
- you are eligible to receive Meals on Wheels.

No doctor's certificate is needed. A phone call to Meals on Wheels will confirm your eligibility.

You can choose:

- from a variety of meals
- one, two or three courses: a main meal, soup and dessert are available

delivered frozen to your door once a fortnight.

Please phone Beth or Janet (Meals on Wheels Co-ordinators for the North Shoalhaven area) on 4422 5111 for further information.

This information is provided as a community service by the Kangaroo Valley Seniors Accommodation and Support Committee.