

# Does Being A Health And Wellness Coach Interest You?



Jewish Family Service of Los Angeles (JFSLA) is seeking seniors, ages 55 and older, to volunteer as Health and Wellness Coaches to assist other seniors by participating in our Senior Health and Wellness Program. As a Health and Wellness Coach you will be trained to help other seniors age in place by providing them with companionship and connecting them to community resources.

- Are you looking for a valuable way to spend your free time, while giving back to your community?
- Do you listen and communicate effectively?
- Can you maintain good boundaries and confidentiality?
- Are you non-judgmental and empathic?
- Can you ask for help if you have questions or concerns?
- Can you fill out minimal paperwork required by the program?

Becoming a volunteer Health and Wellness Coach is a highly rewarding experience and worth your time! Talk to our volunteer coordinators to discover how our Health and Wellness Program can not only change your life, but also help enhance the quality of life of others around you. Contact us today!

**Come be a part of something special!**

**For more information, please call:**

**Erika Zambrano-Morales, MA at (213) 260-7919**

**\*Hablamos español\***



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A family  
that serves.

