

# Strengthening Our Community

## HOW CAN I HELP?

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If you are self-isolating due to COVID-19 I can help with:

- |   |  |
|---|--|
| <input type="checkbox"/> Yardwork             | <input type="checkbox"/> Urgent supplies       |
| <input type="checkbox"/> Picking up groceries | <input type="checkbox"/> Posting mail          |
| <input type="checkbox"/> Dog walking          | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Other _____          |  |

If you are in need of assistance leave this note on your front door or contact me at the number below.

My name is: \_\_\_\_\_

I live at: \_\_\_\_\_

You can reach me at: \_\_\_\_\_

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Looking for health and wellness resources during this time?  
Visit [gwcymca.org/blog](http://gwcymca.org/blog) for more information.

**YMCA OF GREATER WAUKESHA COUNTY**