



Service Through The Holidays

Complete one volunteer opportunity and one donation to any of these organizations or any of your own choice. If you choose one that is not on the list provided, please write down where you have taken the time to volunteer or placed your donations. There are available weblinks next to the services you choose and short discription on the next following pages.

Please call in advance to the services of which you wish to do. To help plan and prepare for your time and service. Remember, providing service will BOOST your serotonin levels and make others in need feel cared.

NAME: _____

- Thanksgiving Run/Walk for Charity [Link](#)
- The Christmas Box Wish list items [Link](#)
- Lantern House [Link](#)
- Bountiful Food Pantry [Link](#)
- Salt Lake Rescue Mission [Link](#)
- Weber Care Pantry [Link](#)
- Veterans Affair [Link](#)
- Sub for Santa [Link](#)
- Utah food Bank [Link](#)
- Shoeboxes for Veterans [Link](#)
- Ogden Rescue mission
- Symbii Home Health and Hospice
- Meals-on-Wheels

Your choice of volunteer work:

- _____
- _____
- _____

“The best way to find yourself is to lose yourself in the service of others.” Mahatma Gandhi

★ Please Return tracking sheet to Wellness@weber.edu or MC 3501 by DEC 7, 2018