



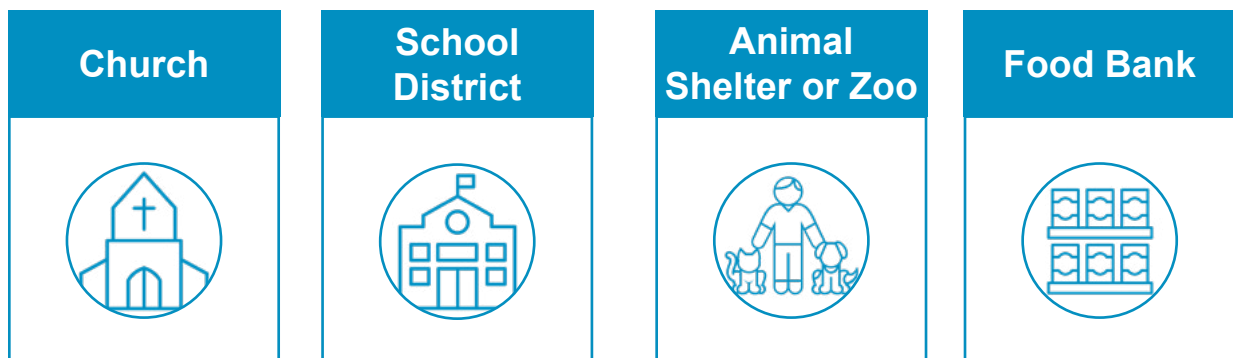
## Volunteering

If you do not qualify for Rehabilitation or your are not able to return to school, there are still things you can do with your time outside dialysis. Consider Volunteering.

Volunteering has several benefits. When volunteering you can:

- meet new people
- learn new skills
- feel healthier and happier by staying active and involved
- advance your career

## Try Volunteering



Learn more about volunteering at [www.volunteermatch.org](http://www.volunteermatch.org). This website will help you to find volunteering opportunities with nonprofit organizations by location and interest area.  
[www.volunteermatch.org](http://www.volunteermatch.org)

If you do not have access to a computer, ask your facility Social Worker to help you by providing a computer with Internet access.

