

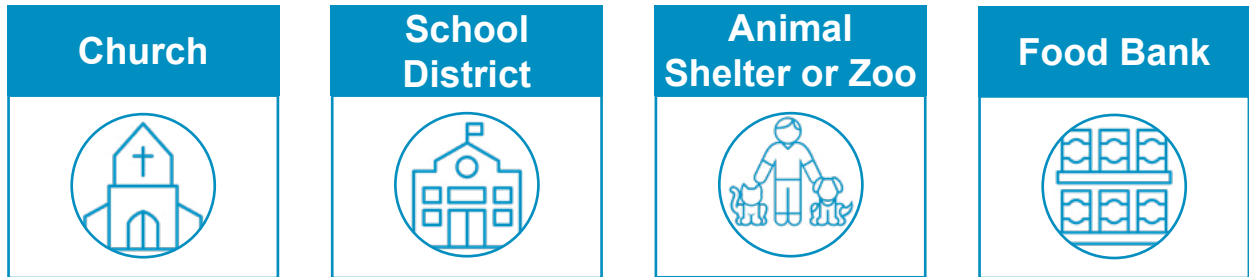
## Volunteering

If you do not qualify for Rehabilitation or you 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
- advance your career
- feel healthier and happier by staying active and involved

## 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.

For more information or to file a grievance, please contact:

ESRD Network 10 (IL)  
911 E. 86th St., Suite 202 | Indianapolis, IN 46240  
Toll Free Patient Line (800) 456-6919  
[ESRDNetwork10@qsource.org](mailto:ESRDNetwork10@qsource.org)

ESRD Network 12 (IA, KS, MO, NE)  
920 Main, Suite 801 | Kansas City, MO 64105  
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[ESRDNetwork10.org](http://ESRDNetwork10.org) | [ESRDNetwork12.org](http://ESRDNetwork12.org)

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