



# Big Brothers Big Sisters of Middle Tennessee

## Did you know that volunteering...

**Reduces stress.**

**Is good for your  
health.**

**Gives you a chance  
to share your  
knowledge & wisdom.**

**And...can make a  
difference in a  
child's life...**

**...and your own!**

**If you are 55 years or older, let's talk...**

You don't need special skills to be a Big—just the willingness to listen, offer encouragement, and share what you've learned about life.

For a small commitment of time, you can have a very rewarding experience as you impact a child's life.

Have some fun, learn a few things, and make a valuable difference in developing the next generation!

**Call us today! (615) 384-9584**

**Visit us online at [www.mentorakid.org](http://www.mentorakid.org)  
to learn more.**



Big Brothers Big Sisters accepts volunteers of all ages in our other mentoring programs.