



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
to learn more.**



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