



QUESTIONS?  
CALL 623.931.7436

## YWCA METROPOLITAN PHOENIX SENIOR NUTRITION PROGRAMS

YWCA Metropolitan Phoenix serves nutritious and delicious meals to seniors (60+) and adults (18 - 59) with disabilities through our home delivered meals (HDM) and congregate (dining hall) meals programs. Our HDM program serves Glendale and our congregate meal program serves the entire valley.

Eligibility for our home delivered and low cost meal programs are determined by Area Agency on Aging. Please call them at (602) 264-HELP to determine program eligibility. If you live outside of Glendale and would like home delivered meals, call Area Agency on Aging as well. If you have questions or need additional information about our congregate meal program, please call our center at (623) 931-7436.



eliminating racism  
empowering women  
**ywca**  
Metropolitan Phoenix

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