



**ARE YOU AT LEAST 55 YEARS OLD?**  
**Do you live in Springtown, zip code 76082?**

If so you qualify for **FREE meals**, delivered to your home.

**There are no income or medical requirements.**

Meals are funded by Texas Health Resources as a community service.  
They're delivered to your home twice a month.

To sign up or get more information,  
call the **North Central Texas Area Agency on Aging**  
**1-800-272-3921 (ask for Doni)**  
or Parker County Committee on Aging  
**817-594-7419 (ask for Barb or Michelle)**

Other services available to Springtown residents are  
**FREE rides to the doctor, volunteer help, congregate meals,  
counseling, and wellness classes.**

You can get one or more services.