

The Presenting Sponsor of Give 5 is UnitedHealthcare and hosted by
Heart of Missouri United Way



Retiree Civic Matchmaking Program

Looking for a place to match your skills and interests
with nonprofit organizations in need of volunteer help?

Give 5 may be the program for you!



www.UWHeartMO.org/Give-5
573-443-4523 • office@uwheartmo.org

 **@COMOGive5**

About the Program:

Give 5 is an innovative, free, community-based program designed for Boone County residents. The program matches participants with nonprofit organizations addressing our city's primary areas of need and helps re-establish purpose and meaning in retirement.

Give 5 provides retired baby boomers with the opportunity to go behind the scenes of Columbia's most interesting nonprofit organizations and public service agencies. Over five program days, classmates are to visit more than 20 organizations, getting a "taste test" of volunteer opportunities and an understanding of the needs these organizations address.

At the end of the program, participants are asked to consider committing to five hours of volunteerism per month to the cause(s) of their choice. Give 5 began in Springfield, MO. In the program's first year alone, Give 5 volunteers provided an estimated \$300,000 in time value to Springfield and Greene County nonprofit organizations.

2025 Spring Cohort Sessions

May 15:	8:30 - 3:30
May 22 and 29:	8:30 - 1:30
June 5 and 12:	8:30 - 1:30



GIVE 5 Application Form

Applications are also available online at www.UWHeartMO.org/Give-5.

First Name: _____ Last Name: _____
Email Address: _____ Phone Number: _____
Date of Birth: _____ Gender: _____
Street Address: _____
City, State, Zip Code: _____

Retired: Yes No

When would you be interested in participating in the program?

2025: SPRING SUMMER FALL

*Check the website for future dates!

Presenting Sponsor



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