

Peak Physical Therapy employees volunteer for Meals on Wheels

Some 30 members of the staff at Peak Physical Therapy & Sports Performance recently agreed to participate in South Shore Elder Services' Meals on Wheels program.

The year-long commitment will find each of the Peak employees devoting two hours per month to the program, one that provides home-delivered nutritionally-balanced meals and a visitor to people age 60 and older who may not have enough food, be able to prepare their own food,

or understand the proper nutritional requirements as they advance in age.

Volunteers from all four Peak locations are participating in this giving back initiative, one of several planned over the course of 2019.

"The Meals on Wheels program relies on volunteer services, and community support to ensure the success of the program," said Hallie Lipa, director of outreach at South Shore Elder Services Inc. "We greatly appreciate Peak Physical Therapy &

Sports Performance's commitment to our program efforts."

"As part of our mission, we're committed to helping the communities we serve," said Eric Edelman, owner of Peak Physical Therapy & Sports Performance. "Meals on Wheels offered by South Shore Elder Services provides both physical and emotional sustenance and we are privileged to be a part of a program that means so much to so many people on the South Shore."

