



United Way  
of Roanoke Valley

## *Time to get moving*

**With his physical challenges, getting healthy food was more than difficult. It was nearly impossible.**

Mark is a 57-year-old man with COPD. He lives alone, and while he has a car, he has difficulty managing the steps to leave his home for groceries.

He's now receiving food deliveries through a program funded by United Way, but in talking with a Community Health Worker through the Pathways Hub, Mark has come to the realization that he can no longer care for himself. Through the HUB, he's working to move to an assisted living facility for a safer, more secure environment.

**LIVE UNITED<sup>®</sup>**

**THIS LIFE-CHANGING IMPACT MADE POSSIBLE BY UNITING THESE PARTNERS:**

Carilion Clinic Health & Outreach, Family Medicine  
Healthy Roanoke Valley Pathways HUB 211 **and YOU!**

**Join us at: [uwrv.org/donate](https://www.uwrv.org/donate)**

These are true stories of what your United Way can do with your help! All names are changed for privacy.