



*"Making good things happen in our community"*

## **Ten Reasons to Volunteer**

**Volunteering brings people together and helps them connect**

**Volunteers are more physically active**

**Volunteering helps to improve memory**

**You can reduce stress and have lower risk of depression when you focus on someone else**

**Volunteers can experience less decline in health due to aging**

**Volunteers feel connected to their community**

**Volunteering promotes personal growth and self-esteem**

**Volunteers gain experience with different jobs and new skills**

**You learn a lot about yourself, others and our community**

**You can give back and have a positive impact on our community**

**Sources**

Horoszowski, Mark. "5 Surprising Benefits Of Volunteering." *forbes.com*. MovingWorlds, SPC, 19 Mar. 2015. Web. 25 May. 2016.

Stibich, Mark. "The Health Benefits of Volunteering in Retirement." *verywell.com*. Very Well, 3 May. 2016. Web. 25 May. 2016.

"Community Service: Top 10 Reasons to Volunteer." *students.ucsd.edu*. UC SanDiego, 5 Aug. 2015. Web. 25 May. 2016.

"Volunteering to connect to other people." *benefitsofvolunteering.com*. N.p., 2016. Web. 25 May. 2016.