



Be the Change

Volunteers make an immeasurable difference in people's lives and often serve to help others.

Did you know that volunteering can benefit your health as well?

The good news is that you don't need to be a billionaire philanthropist to enhance or create change in your community. Volunteering makes an immeasurable difference in people's lives. Your actions, big or small, can help others and benefit your health.



Research has shown that volunteering offers significant health benefits, especially for older adults, including:

1. **Improves physical and mental health.** Volunteer activities keep people moving and thinking at the same time. Research has also shown that volunteer leads to lower rates of depression and anxiety, especially for people 65 and older.
2. **Provides a sense of purpose and teaches valuable skills.** The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose.
3. **Nurture new and existing relationships.** Volunteering increases social interaction and helps build a support system based on common interests. It's one of the best ways to make new friends and strengthen existing relationships.

[Read more about the health benefits related to volunteering.](#)