

# Reasons to Volunteer



***Whatever the reason,  
it is an established fact that  
volunteers tend to be more  
healthy and content!***

Everyone has a personal reason.

- to make new friends
- help others
- serve the community
- refresh skills before re-entering the job market
- get out of the house
- develop confidence
- share talent
- gain work experience
- explore an activity you would like to pursue someday