



# VOLUNTEERING

reasons to give it a try



## How do I Start?

You can sign up here on the [Volunteer Connection!](#) When new opportunities are sent to the Town, an email is sent to you with info about it. Looking to start something now? Here are some other places to visit to help you get started.



## Key Benefits of Giving

A study released by UnitedHealth Group & the Optum Institute reveals benefits of volunteering

### Health

Volunteers say that they feel better - physically, mentally and emotionally

### Purpose

Volunteers feel a deeper connection to communities and to others

### Stress

Volunteering helps people manage and lower their stress levels

### Engagement

Volunteers are more informed, engaged and involved in managing their health

In a charity & volunteer organization survey of people who volunteered for the first time



100%

FELT GOOD AND HAPPY



75%

HELPED WITH THEIR INTERPERSONAL SKILLS



50%

FELT PHYSICALLY HEALTHIER



75%

FELT A NEED TO VOLUNTEER AGAIN

