

# VOLUNTEERING IS GOOD FOR YOU TOO

When you give your time,  
everyone benefits—including YOU!



  
You make a  
difference.  
You feel the  
difference.

## THE BENEFITS OF VOLUNTEERING



**IMPROVES  
WELL-BEING**

Helping others  
boosts your mood  
and reduces stress.



**GOOD FOR  
YOUR HEALTH**

Volunteers live longer,  
stay more active, and  
report better overall  
health.



**KEEPS YOUR  
MIND SHARP**

Learning new skills  
and staying socially  
engaged keeps your  
mind active and strong.



**BUILDS  
CONNECTIONS**

Meet new people,  
strengthen relationships,  
and be part of a  
supportive community.



**GIVES YOU  
PURPOSE**

Make a meaningful  
impact and feel a deep  
sense of accomplishment.



**BOOSTS  
CONFIDENCE**

Volunteering helps you  
grow, gain new perspectives,  
and feel proud.



**HELP OTHERS.  
FEEL BETTER.**



**SHARE TIME.  
SHARE JOY.**



**BUILD OTHERS UP.  
BUILD YOURSELF.**



**STRONGER TOGETHER.  
BETTER EVERY DAY.**

**GIVE YOUR TIME. GAIN SO MUCH MORE.**

*Volunteer Today!* 

**Rotary**  
PEOPLE OF ACTION



YOUR COMMUNITY



YOUR WELL-BEING



A BETTER WORLD