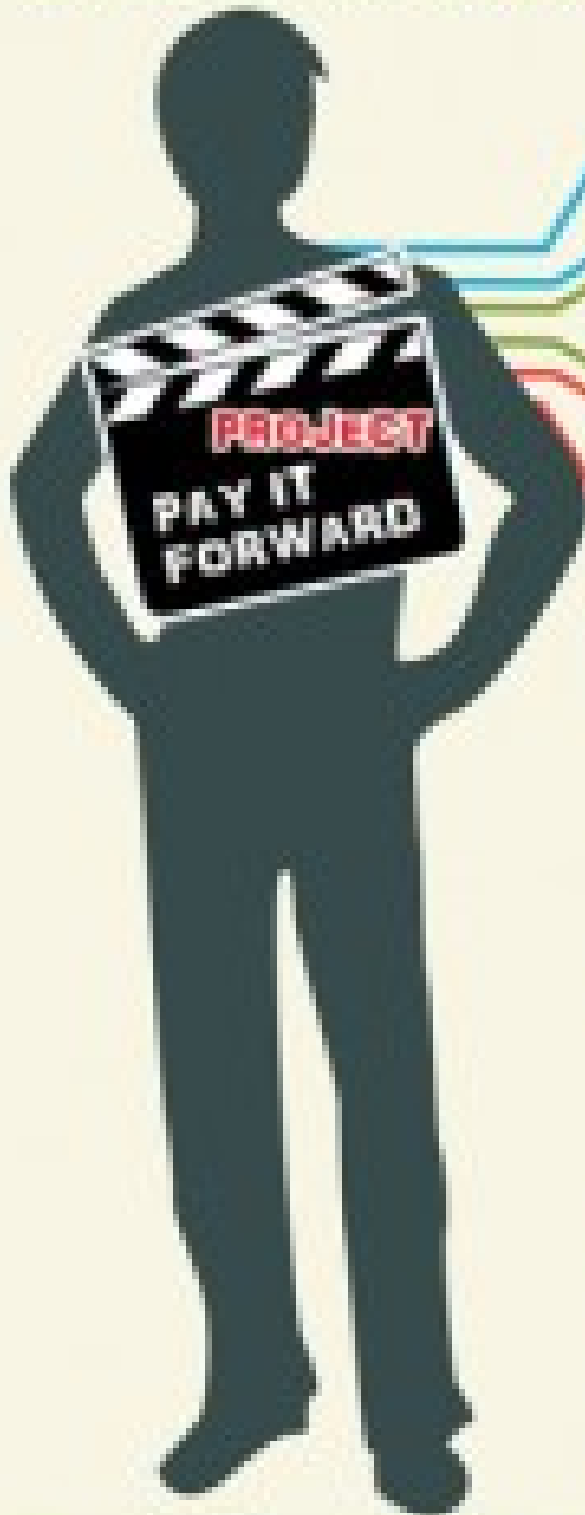


# Health Benefits of VOLUNTEERING



Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)\*\*

95% of individuals feel good after volunteering\*

Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer\*



said volunteering makes them feel happier\*\*



said volunteering makes them feel healthier\*\*



said volunteering makes them feel less stress\*\*



said volunteering helps them sleep better\*\*

\*Based on Dr. Allan Luks' research

\*\*Based on Dr. Stephen Paul's research in a survey about helping (an average of 100 hours/year)