

# A Summer of **SERVICE** to Others



**Consistent volunteer work can extend your lifespan, improve your heart health, reduce your stress and more. And there are many different ways to help your community:**

- Donate food, clothes, books and linens
- Offer your time to a retirement home, shelter or mission
- Volunteer at the YMCA or local community center
- Prepare, package, transfer or serve food with a food pantry

## **YOUR WELLBEING ACTIVITY**

**VOLUNTEER IN YOUR COMMUNITY**

Use a suggestion from your newsletter or come up with your own great idea and volunteer in your community! If you don't want to volunteer on your own, invite family or friends along and have fun while you make the world a better place.