

# Volunteering can help you connect.

## And it's good for your health!

Everyone knows volunteering makes you feel good.

But did you know it also makes you healthier?

Research shows that volunteers experience:

- An improved sense of well-being
- Lower stress levels
- Better management of chronic illness
- Decreased risk of depression
- A sense of purpose, fulfillment and increased self-confidence
- Increased brain function
- Increased dopamine levels
- Longer life



**Seniors, in particular, see a substantial improvement in their quality of life when they volunteer. Taking part in volunteer activities helps them reduce their isolation risk and maintain greater control over their health.**

Senior Corps RSVP is a program that provides resources to communities by recruiting and mobilizing older Americans who continue making significant contributions to others long after their professional careers have ended.

- Volunteers can choose their assignments from a broad list of possibilities.
- RSVP staff will help you find a volunteer assignment that suits your interests and available time.
- Membership in RSVP is open to anyone age 55 and older.
- There are no fees to join.
- RSVP will assist in obtaining and paying for the clearances needed for an assignment.
- RSVP provides supplemental accident and liability insurance.



The challenges and activities of a 'second career' as a volunteer will promote a longer, happier, more meaningful life.

Call **610-625-2290** Email [RSVPLNC@hotmail.com](mailto:RSVPLNC@hotmail.com) Visit our website [www.RSVPofLNC.org](http://www.RSVPofLNC.org).