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Senior Advocates
for Generational Equity

Do Well by Doing Good

Volunteering Is Good for Your Health — And Research Proves It

As we get older, staying active, connected, and purposeful becomes more important than ever. One powerful way to do that?

Volunteering. Research shows that giving your time to help others doesn't just make a difference in your community — it can also do wonders for your health and well-being.

Just as better health leads to continued volunteering, continued volunteering leads to better health. It's a virtuous cycle!



Volunteering can help you:

- Stay physically and mentally active
- Maintain a sense of purpose
- Build meaningful social connections
- Feel less lonely or isolated
- Lower your risk of depression and other health issues

Learn more about SAGE presentations, discussions, and workshops. Scan the QR code or contact us by phone or email.

