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## **Doing Good is Good for You: Volunteer!**

The National Association of Area Agencies on Aging (n4a) has developed a brochure on the many benefits of volunteering in your community.

Volunteering as little as two hours a week can result in improved mental, emotional, and physical health—benefits that many older volunteers are reaping. Volunteering can help to reduce depression, lessen chronic pain and give your brain a boost.

> Follow [this link](#) to explore how you can enjoy and benefit from volunteer activities in your community.

Article Source

National Association of Area Agencies on Aging

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<https://www.n4a.org>

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