

Embrace a Cause

Volunteering your time to help others can also lift your spirit. Making connections with others is a building block for emotional wellness.

Hands-on volunteer opportunities offer valuable services to fill the gaps in the social safety net. Whether you are a furniture maker, crafter, book reader, grocery shopper, car driver, or have some other skill, there are opportunities in your community to share your talents to support or mentor others.

Consider these resources for volunteer opportunities:

- Area Council on Aging
(mn.gov/board-on-aging or dhs.wisconsin.gov/aging)
- County social service agencies
- Local churches and libraries
- Local nonprofit organizations
- Lutheran Social Service of Minnesota
(lssmn.org/volunteer)
- United Way (unitedway.org)

The meaning of your life is to find your gift.

The purpose of your life is to give it away.

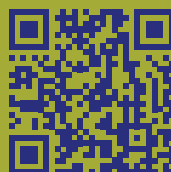
~William Shakespeare, English playwright, poet, and actor



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