

Healthy Holiday Tip #8



Volunteer – Make a Difference For Others

Give to the food bank, community Christmas baskets, pick a child off of the “Angel” tree, fill a box for “Operation Christmas Child”, give away a warm coat, or invite a lonely neighbor over for dinner. Take a look around our community, and you’ll quickly find ways to pitch in. While it feeds the soul to help others, those who give are showered with other benefits, including better health.

Studies show that volunteering can lead to a longer life, greater happiness, relieve grief and depression, provide new challenges, experiences and skills, and give you a renewed appreciation for life in general.

(Tear here and enter to win!)

Name one volunteer activity that you can do between now and December 25th.
Go make a difference – you can do it!

Name _____

Answer trivia on Facebook for an extra chance to win!

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

*“The best way to find yourself is to lose yourself in the service of others.”
-Ghandi*