



Gloucester Department of Community Education

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Volunteering is Good for You!

Helping others can certainly make one feel good, but according to a study by the Corporation for National and Community Service there is compelling scientific research that indicate that volunteers benefit from better health. *The Health Benefits of Volunteering: A Review of Recent Research* has found a significant connection between volunteering and good health. The report shows that volunteers have greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease.

“Volunteering makes the heart grow stronger,” states David Eisner, CEO of the Corporation. “More than 61 million Americans volunteer to improve conditions for people in need and to unselfishly give of themselves. While the motivation is altruistic, it is gratifying to learn that their efforts are returning considerable health benefits.”

The Health Benefits of Volunteering documents major findings from more than 30 studies that reviewed the relationship between health and volunteering, with particular emphasis on studies that seek to determine the causal connection between the two factors. The studies found that volunteering leads to improved physical and mental health. Just two hours (2) of volunteering a week can bring meaningful benefits to a person’s body and mind.

Want to join the newest health craze? Volunteer - it’s good for your heart and health! To find out the many available opportunities to volunteer in the county, schools or your community, go online to

www.gloucesterva.info/cevolunteers.htm.

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