

SCSC Charity Challenge

We all know giving helps others, whether we volunteer for organizations, offer emotional support or donate to charities. But did you know that the warm and fuzzy feeling you get from helping others is actually good for you?

- Lower blood pressure
- Increased self-esteem
- Less depression
- Lower stress levels
- Longer life
- Greater happiness and satisfaction

SCSC Charity Challenge



Humane Society
OF SUMMIT COUNTY™
Support the Pawsibilities®



ST. BERNARD PARISH

AKRON, OHIO

SCSC Charity Challenge

- 1. Choose a Charity**
- 2. What kind of donation?**
 - Food/Items Collection**
 - Fund Drive**
 - Volunteer**
- 3. Contact Charity**
 - What do they need?**
- 4. Organize, set start/end dates**
- 5. Deliver! Take a photo** 😊

SCSC Charity Challenge

**Safety Council will donate \$10 to the Akron
Canton Regional Foodbank for each
individual or company that emails
Summitcountysafetycouncil@gmail.com**

<p><input checked="" type="checkbox"/> I/We Did It!!</p> <p><u>ABC Charity</u></p> <p>Name of your favorite Charity</p>

By 12/17

\$1000 Max