



# Volunteering for a Better You: Purpose, Connection, & Growth

Join us to discover how giving your time can give back to your health! This engaging presentation explores the powerful connection between volunteerism and well-being. Learn how helping others can reduce stress, improve mood, increase social connection, and even boost physical health. Whether you're already a volunteer or just curious about getting involved, you'll leave inspired and informed about how acts of service can lead to a happier, healthier life.



Presenters: Peggy Kurth (ADRC of Central Wisconsin) & Tony Omernik (Previously with RSVP)

**August 27**  
**1-2pm**  
**FREE WEBINAR**