



In addition to boosting your social well-being, volunteering can make you feel physically stronger, increase mental sharpness, aid in reducing stress and even help you live longer. Despite these proven positive effects, **only 1 in 4** Americans regularly volunteer, according to the Bureau of Labor Statistics.

As previously mentioned, volunteering has proven health benefits. Here are just a few of those benefits:

- Increased mental and physical activity—Participating in volunteer activities gives you the opportunity to move and think in different ways than you're used to doing at home or at work. And, there's a good chance that you'll be on the move while volunteering, which increases your overall physical activity level, too.
- Reduced stress levels—Giving back to those in need is said to enhance one's sense of belonging, meaning and appreciation, which are all elements that can help reduce your stress levels.
- Increased social well-being—By going out and volunteering in your community, you're broadening your social circle, forging new relationships and giving back to those who are in need.

No matter what amount of time that is contributed, studies show that volunteers have an overall healthier, happier outlook on life.

Check out the full calendar of events and sign up to participate on the website at:

[cretexcares.com/cares-a-thon](https://cretexcares.com/cares-a-thon)



### Cretex Cares-A-Thon is back!

Cretex Cares is excited to announce the 2nd annual Cretex Cares-A-Thon. During the month of June, we will be supporting our local communities through a range of events and outreach opportunities.

This year we've kept some of our favorite activities and added some new events for you to give back to your communities, such as;

- Kitchen essentials donation drive for Bridging
- Food packing at Feed My Starving Children
- Sandwich assembly for the "MN Sandwich Man"
- Activities to support residents at Guardian Angels care facilities
- And more!

