



Did you know volunteering not only benefits those impacted by your time and efforts but also **your** well-being? Volunteering can support your physical strength, your emotional resilience and ability to overcome stressors.

You may notice there is an additional boost in your well-being when you feel a personal connection to the mission of the group or organization you are giving your time to.

Giving back to others and social well-being also have a strong relationship as you are likely surrounded by others who are also sharing their time and connected to the purpose of the group or organization.

Take the time to **get involved!** There will be volunteer opportunities available throughout the month so ensure to keep your eye out for additional communications.



## Featured Activity

**How to Participate:** Scan the Teams Form QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form and tell us about your volunteer work!



Join us this June as we rally together to support our local communities! The Cretex Cares team has organized an array of events and outreach opportunities lined up to make a difference.

The biggest event we have is Feed My Starving Children (FMSC), a non-profit organization dedicated to packing meals for the malnourished. Volunteers will come together to pack life-saving meals for those in need. We're also proud to partner with Second Harvest Heartland, another impactful organization fighting hunger in the heartland. Through food distribution, advocacy, and innovation, they're making strides to end hunger in our communities.

In addition to these impactful events, we'll also be organizing cemetery clean-ups and garden maintenance projects, providing opportunities for hands-on community involvement across the organization.

For more information on how to get involved, visit the website [CretexCares.com/Cares-A-Thon](https://CretexCares.com/Cares-A-Thon).

**Together, let's make a difference in the lives of those in need in our local communities!**



<https://bewell.cretex.com/0624>