

## Health Benefits of Volunteering

### Social Media Bank

#### Sample Facebook Posts

##### Promoting Volunteerism/Recruiting volunteers

a) Did you know that volunteering for as little as two hours a week may lead to better health as you age? In this brochure “Doing Good is Good for You—Volunteer!.” developed by n4a (tag n4a Facebook) older adults can learn about the health benefits of volunteering. It also provides tips and resources to find the volunteer opportunities that are right for you. Contact us at (enclose contact information) to learn how you can get a copy of this brochure and begin volunteering! (attach brochure)

##### Highlight Research

a) Volunteering is a great way to help others but it’s also good for you. Studies show that volunteering can help reduce depression, lessen chronic pain and give your brain a boost. You may even live longer! Contact us at (enclose contact information) to learn more and find out how to get a copy of the helpful brochure: “Doing Good is Good for You—Volunteer!” (attach infographic)

b) If you are an older volunteer, you’re in good company. On average, older adults volunteer almost twice as many hours as any other age group. Contact us at (enclose contact information) to learn more and find out how to can get a copy of the informative brochure: “Doing Good is Good for You—Volunteer!.” (attach infographic)

##### Promote an Event

a) Volunteering is a great way to help others and meet new people, but did you know it can also reduce health problems? Come out to (insert event name) in (insert event city/community) to find exciting volunteer opportunities and learn how volunteering can help improve your health! (link to event page)

##### Market the Brochure

a) Have you always wanted to work with older adults or children? Do you have a soft spot for pets or environmental causes? Check out “Doing Good is Good for You—Volunteer!” a fact filled brochure that contains helpful information on the health benefits of volunteering and provides tips for finding the right volunteer opportunities for you. Contact us at (enclose contact information) to learn how you can get a copy. (attach brochure)

b) Do you want to volunteer but don’t know where to start? Check out “Doing Good is Good for You—Volunteer!,” an informative brochure that contains helpful information on the health benefits of volunteering and provides tips for finding the right volunteer opportunities for you. Contact us at (enclose contact information) to learn how you can get a copy.

(attach brochure)

## Get Feedback

a) We want to hear from you! Did the “Doing Good is Good for You—Volunteer!” brochure help you find new volunteer opportunities? Contact us at (enclose contact information) and tell us about it. (attach brochure)

b) Got a story about volunteering? Tell us about it! Contact us at (enclose contact information) and tell us about your experiences volunteering in your community.

## Sample Tweets

### Promoting Volunteerism/recruiting volunteers

a) Volunteering promotes social engagement, fosters valuable contributions to the community and improves the health of older adults. Here’s how you can get started. <http://bit.ly/2dtD8Ei>

b) Contact us at (insert contact info) to learn how to get a copy of the fact filled brochure “Doing Good is Good for You—Volunteer!.” <http://bit.ly/2dtD8Ei>

### Highlight Research

c) Did you know that as little as two hours of volunteering a week may help you live longer?

Contact us at (insert contact info) to learn more. (include infographic)

d) Volunteering helps others but it’s also good for you. Contact us at (insert contact info) to learn more. (include infographic)

### Promote an Event

a) Did you know volunteering not only benefits society but also improves your health?

Come out to (insert event name) to learn more! (link to event)

### Market the Brochure

a) Check out our new full-color brochure and find out how volunteering can help improve your health! <http://bit.ly/2dtD8Ei>

b) Want to volunteer but don’t know where to start? We’ve got you covered with a helpful brochure that details the health benefits of volunteering! <http://bit.ly/2dtD8Ei>

## Get Feedback

a) We want to hear from you! What are your experiences volunteering in your community?

Contact us at (insert contact info).

b) Has the brochure “Doing Good is Good for You—Volunteer!” helped you find volunteer opportunities? Tell us about it at (insert contact info).