

Powered by Purpose: The Perks of Pitching In

Make new connections, build your community—pitch in and feel the impact.

Top Nine Ways Volunteering Helps Overall Health

- Reduces Stress
- Boosts Self Esteem and Confidence
- Increases Physical Activity
- Improves Cognitive Function
- Promotes Longevity
- Creates a Sense of Purpose
- Improves Mood and Decreases Depression
- Enhances Social Connection
- Strengthens the Immune System

77% of volunteers say that volunteering improves their mental health, 53% say it helps their physical health.



Older adults who volunteer at least 200 hours annually decreased their risk of blood pressure by 40%, thus lowering their risk of heart disease and stroke.

(Carnegie Mellon study)

Volunteering for as little as one hour a week (is) associated with slower biological aging, with the greatest health benefits observed in those volunteering more than four hours a week.

(Social Science and Medicine Study, 2023)



Mental Health:

- Reduces stress
- Decreases depression and anxiety



Emotional Health:

- Fosters empathy and compassion
- Builds emotional resilience



Physical Health:

- Encourages physical activity
- Lowers blood pressure and improves heart health



Spiritual Health:

- Fosters a sense of connection
- Promotes reflection and inner growth



Visit the PPFF calendar to learn of volunteer events near you.

Combat Loneliness:

Loneliness is the "new smoking." Studies show it can impact mortality as much as smoking 15 cigarettes a day.

Volunteering not only helps to reduce loneliness, it helps to decrease depression and anxiety and can foster a sense of connection.

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Connect with us!



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