





Why join eng AGE ?



▶ Help

Benefits to joining engAGE:

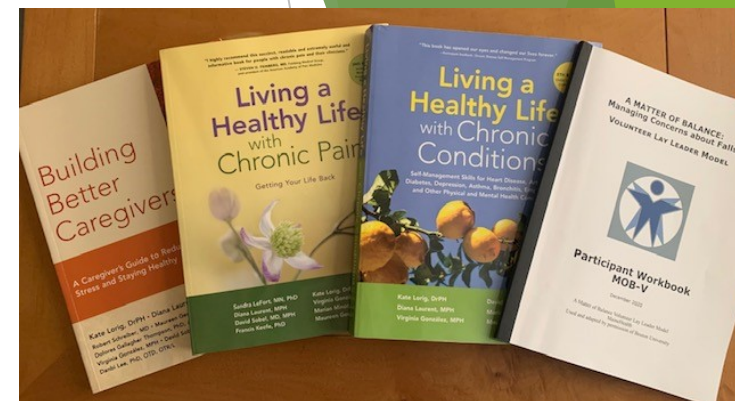
- ▶ Monthly E-newsletter with volunteer opportunities
- ▶ Limited Mileage reimbursement
- ▶ Supplemental accident and liability insurance
- ▶ Recognition of outstanding contributions by members
- ▶ Annual volunteer appreciation event
- ▶ Networking opportunities
- ▶ Training and Education
- ▶ Personalized Volunteer Placement
- ▶ Social Media Resources



Healthy Living Workshops/Trainings offered by engAGE:

engAGE offers **FREE** Healthy Living Workshops to the Community.

- Chronic Disease Self-Management
- Chronic Pain Self-Management
- Diabetes Self-Management
- Building Better Caregivers
- A Matter of Balance – Fall Prevention



Benefits of Volunteering

- ▶ Develop better communication skills
- ▶ Make important networking contacts
- ▶ Learn or develop skills
- ▶ Meet new people
- ▶ Feel needed and valued
- ▶ Make a difference in someone's life
- ▶ Express gratitude for help you have received in the past
- ▶ Improved Health: Studies show that volunteers experience many health benefits including the elimination of chronic pain, feeling less depression, improved self-esteem, feeling less stress, lower blood pressure rates, and the bolstering of the immune system. Volunteering has also been linked to lower mortality rates in older adults.
- ▶ Improved Interpersonal Skills: Develop a better understanding of people, help motivate others, and learn to be able to deal with difficult situations.
- ▶ And much more....



AmeriCorps
Seniors







5325 Airport Blvd

Austin, TX 78751

Phone: (512) 854-7787

Engagetraviscounty.org



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