



Volunteering is Good for the Heart!

You probably know how important volunteers are to service groups, schools, and community organizations. But did you know that several recent studies show that serving as a volunteer can be an important part of healthy aging? Find 18 items in this puzzle, which all have to do with the many rewards of helping others.



- ATTITUDE
- BRAIN HEALTH
- COMMUNITY
- CONNECTEDNESS
- EMOTIONAL HEALTH
- HAPPINESS
- HEART HEALTH
- INTELLECTUAL
- LEGACY



- MAKING A DIFFERENCE
- PERSPECTIVE
- PHYSICAL ACTIVITY
- POTENTIAL
- PURPOSE
- REWARDS
- SELF ESTEEM
- STIMULATION
- VOCATION