

# Top 10 Reasons to Volunteer



## Help Animals

You can help pets have healthier, happier lives and reduce pet homelessness.



## Leave a Legacy

The work we do will impact animals and our community for generations.



## Emotional & Mental Wellness

"It's cheaper than therapy!"



## Medical Health Benefits

Working with animals is scientifically proven to lower stress and blood pressure.



## Connection with Others

The opportunity to meet other like-minded volunteers and work together for a great cause.



## Love & Be Loved

An opportunity to give each animal individual attention.



## Gain Experience & Growth

For school credit, college or job applications, resume, or personal satisfaction.



## Create More Opportunities

Contribute to the office, clinic, fundraising, marketing, community outreach, and more!



## Pursue Your Passion

Many employees at animal organizations start out as volunteers.



## Cookies

Our Co-Founder & President brings delicious home-baked goods for us!