

# Help Others, Help Yourself as an Eventide Hospice Volunteer

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**Volunteering boosts your mood, lowers your stress levels, gives you an enriched sense of purpose and can improve your physical health.**

Become an Eventide Hospice volunteer\*! Share your experience and find comfort in giving back, just one hour per week.

For more information, contact: **402.486.8506** | [Hospice.Volunteer@eventide.org](mailto:Hospice.Volunteer@eventide.org)

\*Must be 19 or older

