



# FIND YOUR INNER PEACE. VOLUNTEER!

Studies have shown volunteering improves your mood and can reduce stress. Time to reconsider that expensive spa weekend?

**Become a Soroptimist today!**

A global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.

**SOROPTIMIST.ORG**



**Contact us to learn  
how you can get involved:**