

Giving back to the community



... a fun, friendly competition promoting physical activity and personal wellness

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."— Mother Teresa

Health Update
Week 7

What is community? Merriam Webster defines community quite broadly. The dictionary definition can indicate the geographic area itself as well as the group of people within that area. Community can also be **society at large**. Whatever our personal definition of community, a healthy view sees community as a place where you feel secure about living.

The Gallup Business Journal states, "People with thriving wellbeing are often moved by the **impact** they have had on another person, group, or community." Mindfulness fits quite well with this concept. When we mindfully help others and see the positive impact it makes, it gives us **confidence** in our own ability to create change. Mindful well-doing promotes deep social interaction, enhances one's meaning and purpose, and encourages an active social life.

There are many ways an individual can work toward mindfully **give back** to the community. Leon County Volunteer Services works closely with a broad array of community organizations to provide

leadership and support volunteer initiatives in the area. There are also various National Service programs that engage the **tremendous power of citizens** like AmericaCorps, VISTA, and Senior Corps.

Ideas to get you started:

- Environmental opportunities
- Social service programs
- Family Welfare volunteer efforts
- American Red Cross volunteer
- Alzheimer's Project of Tallahassee
- Museum of Florida History guide
- Parks and recreation coach
- Leon County Volunteer Services

Call Volunteer Florida at 850-414-7400 or email info@volunteerfl.org

Take advantage of what our community has to **enhance** your community well-being. Community activities not only bring a variety of diverse individuals together in social settings, but also **contribute** to the local culture and identity as well as provide a setting for awareness of diverse issues. Grab a friend and **get involved!**

To strengthen the individuals and organizations in your community, volunteer!



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