

## Volunteer Day Slated at Lacawac Sanctuary

**Lake Ariel, PA (April 2019)** – Join us for a volunteer work day to get Lacawac Sanctuary's trails and property ready for the summer season. The volunteer day is slated for Saturday May 4 from 9 am to 12 noon.

Volunteers are the bread and butter of Lacawac. Since the 1970's, thousands of hours have been spent on habitat restoration, fundraising, education, research, largely through the efforts of volunteers. If you are willing to meet new people, have a lot of fun, and help Lacawac grow, then our volunteer program is for you.

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you reduce stress, find friends, connect with the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health.

Why volunteer? Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Who can volunteer? Anyone! We gladly accept volunteers of all ages and abilities. Work as a part of an organized corporate group, scout troop, school class, service club or other group.

What to expect? We ask volunteers to bring gloves and water. Lacawac will provide tools and equipment. For more information, contact us at [info@lacawac.org](mailto:info@lacawac.org) or call 570.689.9494. Registration information and volunteer forms can be found at [www.lacawac.org/volunteer.html](http://www.lacawac.org/volunteer.html).