MAKE A DIFFERENCE IN THE LIVES OF TULSANS

www.servetulsans.org

Service News

Volunteer for Your Health
Did you know volunteering has been proven to improve mental and physical health? Research published by the National Institutes of Health has shown significantly better health outcomes for individuals who volunteer. The research verified that when people volunteer their life satisfaction, self-esteem, and happiness increase while symptoms of depression and distress decrease. Beyond individual health impacts there are meaningful social impacts that benefit groups throughout our community. The benefits of volunteering are so positive that it is recommended cities promote service opportunities to improve public health outcomes. Please consider volunteering today to enhance your health, and the health and livelihood of all Tulsans.

Volunteer Opportunities

CARDBOARD & DUCT TAPE BOAT REGATTA
Friday: Afternoon March 27th
Tulsa Regional STEM Alliance
APPLY HERE

DRIVE TO SAVE LIVES
Monday – Wednesday & Friday: Morning
John 3:16 Mission
APPLY HERE

MURALS
Sunday - Saturday: Morning, Afternoon, and Evening
Special Kids Care
APPLY HERE

HELP STUDENTS WITH FINANCIAL AID
Saturday: Mornings
Young People of the Next Generation
APPLY HERE

HELP HOMELESS AND INJURED ANIMALS
Mon – Sat: Morning, Afternoon, or Evening
City of Tulsa Animal Welfare
APPLY HERE

Thank You

Thank you for your involvement with the Serve Tulsans program. We cannot wait to see what the future holds. If you have any great service stories, please let us know! If you know anyone or an organization that wants to be involved, please spread the word. As always if you have any questions or comments please send an email to neighborhood@cityoftulsa.org.