

MAKE A DIFFERENCE IN THE LIVES OF TULSANS

www.servetulsans.org

Volume 18

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

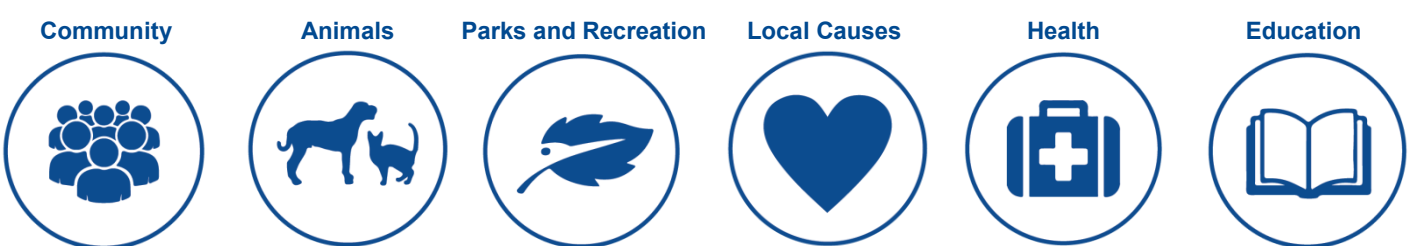
Young People of the Next Generation



[APPLY HERE](#)

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.



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If you have any questions, comments, concerns, or to unsubscribe please send an email to jhensley@cityoftulsa.org

