



## Hands On Asheville-Buncombe: *Helping You Meet Your New Year's Resolutions*

As 2010 begins, many of us will be making New Year's Resolutions... to strengthen our relationships, meet new people, learn new skills, improve our health, and give back to the community. Hands On can help you meet these goals!



- **Volunteering can help improve your health.** According to a study by the Corporation for National and Community Service, volunteers have greater longevity, lower rates of depression and less incidence of heart disease than those who don't volunteer.
- **Volunteering can help strengthen your relationships.** By volunteering with your family or friends, you can spend quality time together and create meaningful shared experiences (and it doesn't cost anything). Hands On has lots of projects that are appropriate for families to participate in with their children.
- **Volunteering is a great way to meet new people.** Whether you are new to the area or have lived in the community for years, volunteering is a great way to expand your social network and meet others who share common interests.
- **Volunteering is a great way to learn new skills and test out possible career paths.** Interested in teaching but not sure if you want to return to school? Help out in a classroom and learn the ropes. Volunteering gives you a chance to sharpen your existing skills or learn new ones.
- **Volunteering helps our community.** The needs of our neighbors and community are growing by the day, and many local nonprofits are struggling to serve everyone. You can help address those needs by volunteering.

### Take the Next Step:

Hands On Asheville-Buncombe makes it easy to volunteer throughout the year. Through our online, interactive database of over 200 volunteer opportunities, you're sure to find a volunteer opportunity that works for you. It's easy to get started:

#### Step 1: Become a Member

Visit [www.handsonasheville.org](http://www.handsonasheville.org) and create an account. Once you've registered, you can sign up for projects online.

#### Step 2: Choose a Project

Search our online database to find the volunteer opportunity that works for you; your passions, your skills, your schedule.

#### Step 3: Make a Difference

Once you've found the right project, sign up! In just a few short minutes you will be ready to make a difference in someone else's life.