- Volunteer work



IN FOCUS

# Lend a Hand

## THE SURPRISING WAY GIVING BACK TO YOUR COMMUNITY MIGHT WORK IN YOUR FAVOR

We often hear that volunteering is good for the soul, but it may also be beneficial for your body! A study in *Social Science & Medicine* found that volunteering for anywhere from 1 to 49 hours per year can help slow down key biological "age clocks," reducing the body's genetic aging. Retirees benefit the most and report feeling younger with moderate volunteering than their working peers.

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