



## Could Microvolunteering Improve Health?

Many studies show a positive connection between well-being and volunteering!

Microvolunteering actions goes to a person, rather than the other way round. This means people can microvolunteer from hospital / home / bed....well, anywhere!

So, could a daily microvolunteering 'well-being workout' help to:

- >> speed up their recovery time
- >> save the health service money
- >> improve a person's positivity after depression
- >> relieve a convalescing patients boredom

We're interested in collaborating with medical personnel who can conduct research in this pioneering area.

We're unable to provide funding, but we can advise on the microvolunteering aspect of the research.

For more info: <http://bit.ly/1o9QBzW>

## Microvolunteering Actions

- Done in under 30 minutes
- Goes to a volunteer
- On demand, 24/7
- No commitment
- No skills needed



help  from  
home



## About Us

- Award winning platform
- Co-pioneered concept in 2008
- Microvolunteering global expert