

April marks **Community Service and National Volunteer Month**, and it's a great time to volunteer with the **LBA**.

Studies show that people who regularly engage in volunteer work experience notable improvements in their own well-being. Those who consistently offer their time and support to others report lower levels of depression, increased feelings of tranquility, reduced instances of physical discomfort and overall better health outcomes. Here are some ways you can help your community and experience improved mental and physical wellness.

- Contribute ideas for Diversity & Inclusion Corner.
- Fill an open section leadership position.
- Join an open LBA Committee:
 - CLE
 - Communications
 - Health & Wellness
 - Public Outreach
- Present and/or organize a CLE program.
- Recommend resources for the Health & Wellness Corner.
- Volunteer for a Pro Se Divorce Clinic (training provided).
- Write an article for *Bar Briefs*.



For more information:

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