

Why Volunteer at an Animal Shelter?

A Y V B D N C T B S N A M U H P S W M I
N E O Z W M A J U E V A P S A W T R H X
I N L D B Q M S B W N O I S S E R P E D
M O U X Q T R M D X S E H B X E C U O E
A M N E X E R C I S E N F Q P P R M G Z
L T T G T O X E E C D K O I W I T T I I
S F E L H L T L U P A E G I T O I U S L
A C E B H Y F P F M D G E A T S M K V A
O H R M U E I G E U J H E F S A E I S I
S U S A S J X H K U C U Z S E W N W A C
J K B T C S F L U A L T I L F D C O C O
U I E D V H E L W F O C S F M C W B D S
L E Q O I C L E A N H L A Z A U P P Q T
M E N O W E T O S V N T G R P L E H T T
X V E G D Z H F F O S J E P O M B K Q W

Shelters are run entirely on **donations** of **time** and **money**. They can't afford to hire full-time **staff** to **care** for all their **animals**. That is where volunteers step in.

Volunteers **socialize** the **animals**, **exercise** them, **help clean** their **cages** and **feed** them.

Being a volunteer is **good** for **humans** too. Besides getting exercise, being with animals will reduce **stress** and **anxiety**, build **self-esteem** and even reduce **depression**. The same **benefits** the animals get from humans!

