

# Reminder for Our Amazing Volunteers!

Dear Volunteers,

We want to take a moment to express our sincere gratitude for the incredible work you do. Your dedication and effort mean the world to us and those we serve.

As you continue to give your time and energy, we kindly remind you to take regular breaks and recharge. Remember, taking time for yourself is essential to maintain your well-being and effectiveness in your vital roles.

Please make sure to:

- Step away for a few minutes to stretch and breathe.
- Stay hydrated and enjoy a healthy snack.
- Find a quiet space to relax your mind.

Your health is important, and keeping a balanced routine will help you serve better.

Thank you for all that you do!

Warm regards,

The Volunteer Coordination Team