

[ANOTHER REASON TO DO PRO BONO – PRO BONO IMPROVES YOUR HEALTH](#)

According to a recent UnitedHealth Group study *Doing Good is Good for You*,

“We now know people who volunteer feel better—physically, mentally and emotionally better. And our volunteers tell us that they are convinced their health is better because of the things they do when they volunteer. People who volunteer manage their stress better and feel a stronger connection to their communities. In all of the pathways we take to good health, being a volunteer can help to make a meaningful difference.”

Please click [here](#) for the full study.



[ELECTION PROTECTION - NATIONAL REMOTE VOTER HOTLINE – 1,200 REMOTE CAPTAINS NEEDED!](#)

We need 1,200 lawyers, paralegals, legal assistants and law students to remotely serve as Volunteer Captains for the Election Protection's national voter hotline (1-866-OUR-VOTE).

The national, nonpartisan Election Protection coalition works year-round to ensure that

- all voters have an equal opportunity to vote and
- their vote counts.

The hotline is answered by remote trained legal volunteers daily who are supported by Captains through the hotline platform's chat function.

Who: Lawyers, paralegals, legal assistants and law students

What: Serve as Captains for the national voter hotline

When: Now through November; sign up for specific shifts once trained

How: Online platform; computer with internet plus headphones needed

Training: Available on-demand (around 2 hours).

Volunteer Code of Conduct: Volunteers must “virtually agree” to Code of Conduct. Please find that form [here](#).

How to Volunteer: Please complete the form via the link [here](#). We will be in touch with next steps.

The Captain role is critical for the success of the national voter hotline and the future of our democracy.

Please sign up to play this leadership role!