



## **Cuba, New Mexico**

***Doing good makes you feel good.***

Research shows that volunteering improves health and well being.

When you volunteer, you strengthen your sense of purpose, and your connection to your community. The more social connections you have, the healthier and happier you will be. This is because being around others has been shown to reduce depression, anxiety and stress. All kinds of good things happen when you reduce stress, such as better sleep, improved immunity, and better heart health.

Volunteering also helps keep you active. Having an active lifestyle is a must for weight management, chronic disease prevention and good health over all.

Nacimiento Community Foundation provides many important services to the Cuba community, including a variety of volunteer opportunities.

Programs, such as the Food Pantry and the Community Garden, help provide access to better nutrition for families in our community. Extra hands are always welcome to help grow or distribute food.

A great way to give back to the community while enjoying the outdoors is to volunteer for a Step Into Cuba project. You can water trees at the Village of Cuba St. Francis of Assisi Park, or help build a trail on the Fisher Land, near town.

Many other organizations in your community would welcome willing helpers for a wide assortment of tasks. Just decide what you might like to do, then ask how you can help.

What ever you decide to do, just get involved! Do it for you. Do it for your health.

For more information on volunteering with the Nacimiento Community Foundation, call 575-289-3718.

# Get Out There!

For more information on our 'Get Out There' Volunteer Opportunities, call Anna Schulte w. 575-289-3718 c. 505-288-2733 or email [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org).  
[www.stepintocuba.org](http://www.stepintocuba.org)

\*\*\*\*\*



## Village of Cuba St. Francis of Assisi Park Watering Volunteers Needed

Keep your park beautiful, while enjoying the outdoors. Fresh air, lovely views, pleasant surroundings help relieve stress for you and our plantings.

Brought to you by: The Village of Cuba and Nacimiento Community Foundation Step Into Cuba program

\*\*\*\*\*



## FREE Introductory Training Course Cuba, NM

### Back Country Trail Design & Construction

June 27 & 28, 2011

The purpose of this course is to teach basic trail construction skills to community volunteers in Cuba, NM. Limit 20.

Training and our field "classroom" will be on the Fisher Tract, recently dedicated as public open space by the Nacimiento Community Foundation.

The course will cover two full days:  
Four hours of classroom discussion and twelve hours fieldwork.

Brought to you by:  
National Park Service Rivers, Trails & Conservation Assistance program  
and Nacimiento Community Foundation Step Into Cuba program

\*\*\*\*\*