

Fold in half

Cut

Do Good!

Spread random acts of kindness.
Do a good deed,
Pass this card on,
Track it's travels

Tracker ID

To follow this card's travels and the deeds associated with it, enter the ID number above at:



www.helpfromhome.org

'Do Good' Suggestions * They are all free to do!

- Click to give free child healthcare - www.thechildhealthsite.com
- Combat cancer with your pc - www.computeagainstcancer.org
- Play games to donate food for free - www.freerice.com

For more 'Do Good' ideas, visit:

www.helpfromhome.org

Help From Home's aim is to inspire people to volunteer their time for worthy causes, from the comfort of their own home by providing free information on easy, no commitment home based volunteering opportunities.

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