

Change the world in just your lunch break!



1 minute to 30 minutes.

Easy, **FREE**, no commitment,

Bite sized actions!

“

Help to fight cancer!

Help the homeless!

Feed the hungry!

Plus so many more!

”

*See what you can do for the
world, in just your lunch break!*

www.HelpFromHome.org

Click on the Help From Work tab!

Change the world in just your lunch break!



1 minute to 30 minutes.

Easy, **FREE**, no commitment,

Bite sized actions!

“

Help to fight cancer!

Help the homeless!

Feed the hungry!

Plus so many more!

”

*See what you can do for the
world, in just your lunch break!*

www.HelpFromHome.org

Click on the Help From Work tab!