



THE HELM

2020 MARCH FOR MEALS

Virtual Edition

Now through Sunday, June 14

Our 2nd annual March for Meals is simple. You can march, walk, run, bike, skip, jump or hop on the sidewalk, a treadmill, or in your backyard. Or don't walk at all. However you choose to support us is your secret! (If you want to make it an actual walk, we've listed some 3-mile routes on our website.)

Walk proceeds benefit The Helm's Meals on Wheels program. Last year, we served more than 23,000 hot, nutritious meals to homebound Harper Woods and Grosse Pointe residents unable to safely prepare meals for themselves.

For more information or to
SIGN UP AND PLEDGE VISIT
HEMLIFE.ORG/MARCH-FOR-MEALS



The Helm 2020 March for Meals is in partnership with
Grosse Pointe Memorial Church.
158 Ridge Road, Grosse Pointe Farms, MI 48236 (313) 882-9600

