

Your help is needed!

Ways You Can Help Friends, Inc.

- 1. Volunteer!**
- 2. Provide public transportation tickets**
- 3. Provide printing of office material**

Ways You Can Help Friends, Inc. Clients

- 1. Gift Cards - Walmart or Kroger**
- 2. Nonperishable Foods - canned meats, vegetables and fruit**
- 3. Adult Undergarments - Depends**
- 4. Medical Supplies - shower chairs, wheelchairs, canes, walkers, transport chairs**
- 5. Personal Care Items - shampoo, lotion, deodorant, liquid soap, toilet paper**