



**Join us on September 30 in Volunteer Park
by the Bandstand-
bring food to share for a picnic!**

9:00 - Registration

9:30 - Qi Gong, set intentions

10:00 – 2 mile walk

11:00 – Picnic lunch and dharma talk

Over 90% of the money raised goes directly to projects like these:

\$15 = 8 meals for homeless youth in New York City

\$30= 33 days of meals for a student in Bangladesh

\$40 = 2 months of rice for a Cambodian family

\$50 = 75 meals for Haitian children

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