



# THE HELM

# 2021 MARCH FOR MEALS

## Virtual Edition

Now through Sunday, March 28, 2021

Our 3rd 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. In 2020, we served 23,000 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 AT**  
**HEMLIFE.ORG/MARCH-FOR-MEALS**



The Helm 2021 March for Meals is in partnership with  
Grosse Pointe Memorial Church.

158 Ridge Road, Grosse Pointe Farms, MI 48236 (313) 882-9600

