

We **GET** to show up —  
so **LOVE** gets to  
**SHOWUPNOW**

*hello!* If you're needing some extra support right about now,  
I'd love to help & **SHOWUPNOW**

*My name is:* \_\_\_\_\_

*I live close by at:* \_\_\_\_\_

*My phone number:* \_\_\_\_\_

If you need extra support due to COVID-19, I can **SHOWUPNOW**  
with some no-contact care:

- |   |   |
|---|---|
| <input type="checkbox"/> Dropping off groceries | <input type="checkbox"/> Calls or texts to check in |
| <input type="checkbox"/> Picking up medication  | <input type="checkbox"/> Posting mail               |

*Just call or text me and I'll do my best to help you (for free)*

**SHOWUPNOW** is a grassroots movement  
that mobilizes LOVE to SHOW UP in the world right NOW.  
Volunteers are creating personal support teams to help their neighbors. I'm here to help!  
You can check out all the details at [www.SHOWUPNOW.com](http://www.SHOWUPNOW.com)—& then feel free to connect with me!

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