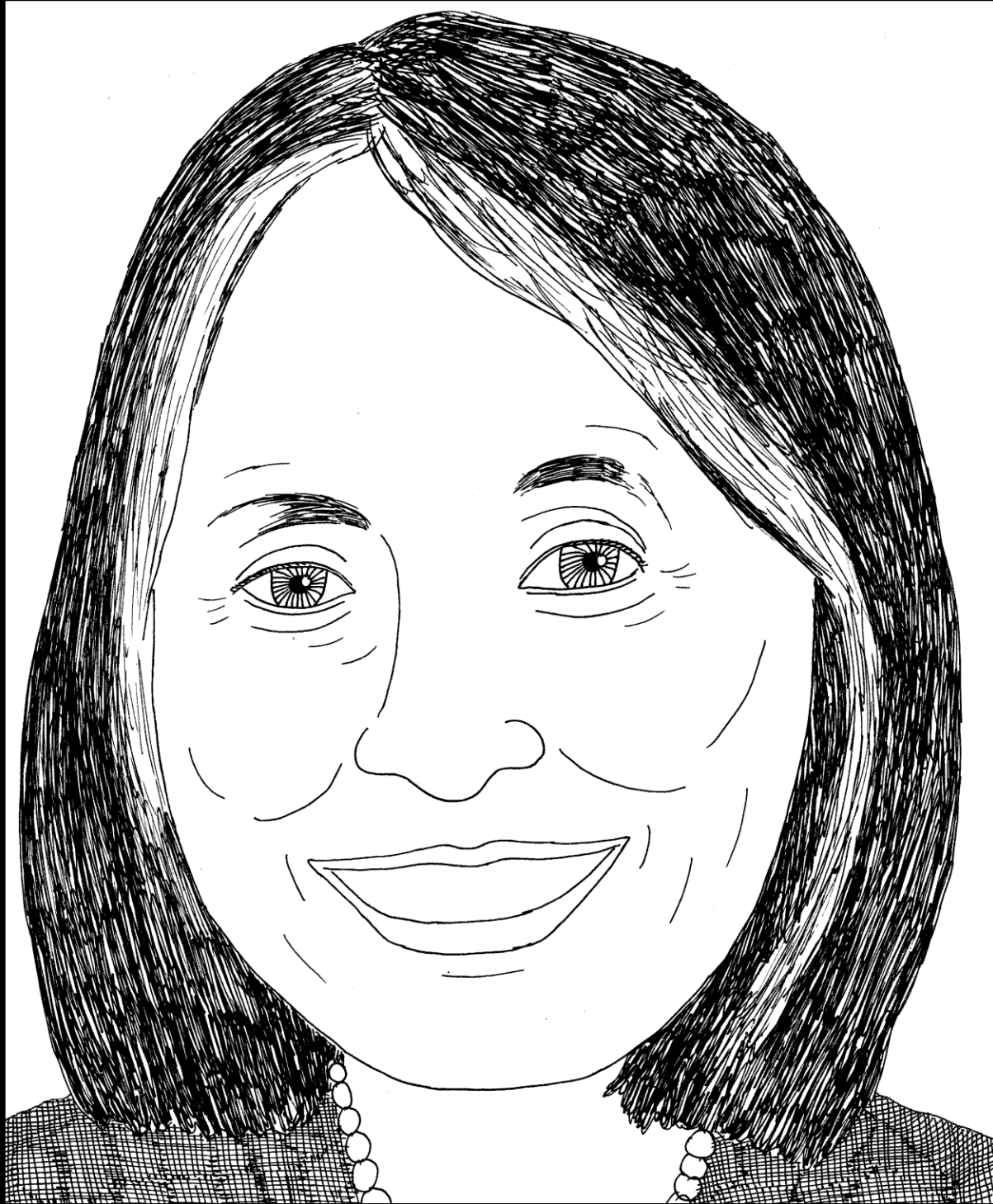


# BE A HERO FOR A BETTER WORLD

MAKE  
A  
DIFFERENCE



MAKE  
A  
DIFFERENCE

"We need to meditate on what is peaceful. Once we have 'filled up' in this way, we once again have an abundance of love to send out into the world."

~ Jean Shinoda Bolen

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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