



HOW MUCH TIME DO YOU HAVE TO GET INVOLVED WITH WHOLE CITIES' WORK?

A LOT 5+ HOURS

Do you want to get outside?

Gimme that fresh air, please!

Nominate an organization for the Community First Grant

Nah, I get my vitamin D from Whole Body.

Sign up to be a CFG reviewer in July

SOME 1-2 HOURS

Do you like talking to people?

Put me on the stage!

Inspire 5 TMs to become a WCF Champion

I'm more into screens.

Become a WCF Champion

A LITTLE 5-10 MINS

Do you want to spend \$?

This \$ is burning a hole in my pocket!

Sign up for paycheck donations in Workday

Saving for a rainy day.

Sign up for the Dig In newsletter

Scan for next steps to get involved!



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