

HUNGRY FOR CHANGE

Your health is in your hands

10 WAYS YOU CAN BE INVOLVED!

- 1** Add the Hungry For Change DVD to your personal health library:
<http://www.hungryforchange.tv/store>
- 2** Purchase the Hungry For Change Book here:
<http://www.hungryforchange.tv/book>
- 3** Join the conversation on Facebook and receive daily updates!
<https://www.facebook.com/hungryforchangeilm>
- 4** Sign up for our Hungry For Change Newsletter to receive interesting articles every fortnight:
<http://www.hungryforchange.tv/>
- 5** Learn deeply through the Hungry For Change Mastery Collection:
<http://www.hungryforchange.tv/mastery>
- 6** Buy Hungry For Change DVD's in bulk at big discounts and share with your friends and family! <http://www.foodmattersdistribution.com/DVDs/hungry-for-change-wholesale>
- 7** Host a free screening for your local community, school or group:
<http://www.hungryforchange.tv/screenings>
- 8** Learn all you can through our free online Resources Library:
<http://www.foodmatters.tv/content/health-resources>
- 9** Join 'Our Food Matters' Community Forum. A place to share, grow and learn from a global community.
<http://www.ourfoodmatters.tv/>
- 10** Pin with us on Pinterest - Image centric inspiration on tap!
<http://pinterest.com/foodmattersfilm/>