



## DONATE YOUR LUNCH

Hey! I'm Zhill Olonan from HVMN, a human enhancement company dedicated to helping people become the best versions of themselves. We do this through a variety of interventions, such as nutrition, fitness, nootropics, and utilizing medical-grade wearables to track key biometrics. One of our most prominent interventions is intermittent fasting, where we have been featured in many publications as leaders of the movement (such as Business Insider) and coordinate a Facebook fasting group of thousands of members. Intermittent fasting is a rapidly growing practice that is great for managing weight and metabolic syndromes (with people even slowly lowering their insulin requirements), enhancing productivity, boosting performance, and improving longevity. In the spirit of the holiday season, our community will be engaging in this fundraiser dubbed "Donate Your Lunch". We will commit to fasting for a day and donate all the money we would have spent on food that day to Meals on Wheels America. Inadequate nutrition, isolation, and safety are the three most prevalent issues seniors face today. Meals on Wheels helps seniors with these issues, and is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country, empowering them to strengthen their communities, one senior at a time. Our aim is to make this a monthly event to accomplish three key goals: Helping people commit to a fast we can all complete together as a supportive group, Make a difference in the world and use the intervention of fasting as a way to help others, Spread the broader message of empowering health! Join us this holiday season and make a difference in your health. If you are new to fasting, there is a ton of information on how to get started in our Facebook group. Please feel free to reach out to me personally as well!



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