

JOY • FASTING

Health*Help(s)*Happiness

Do you enjoy fasting?

Fasting is trendy and at the same time as old as mankind itself. While fasting has long been reduced to 'abstention from food', today it is practised in many other ways.

Fasting - from chocolate to abstaining from using plastic - is good for all of us!

Fasting for Hand in Hand does good and creates goodness!

There is an involuntary type of fasting which causes suffering in the world: starvation faced by many people due to poverty and hardship. Inspired by the values of Lent, we are starting a joint fast in favour of children in need of our help and support.

The aim is to donate the money we save through fasting to **Hand in Hand**. With only 2 € or £2 you can give two children in India three healthy meals! Join in! No matter when and how much you fast, join us whenever you want: Fasting for a future without hunger in the world. Join the *Joy of Fasting!*

For an active exchange, feel free to contact us via **WhatsApp +4179 917 1892** or **follow us on Instagram** and share your fasting success: **#Joy_Fasting**. Your family and friends are welcome to join.



THANK YOU!

CLICK HERE FOR YOUR DONATION



www.handinhand.at

www.hariharanandabalashram.org