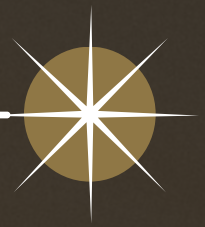


Presenting...



NEIGHBOURLY NOURISHMENT- MENTAL HEALTH CHECK



# FREE GROCERIES for SENIORS & PWD



MARCH 20, 2025

4:00PM [PST]



ANTONNETTE LODGE VANCOUVER  
535 E CORDOVA ST  
VANCOUVER, BC V6A 3T7

organized by:

**DuMonde Helping Hands  
Foundation**

**Sure Word Ministries, Inc.**

[www.helpands.org/seniorhomecare](http://www.helpands.org/seniorhomecare)

<https://surewordministries.org>



*"If Immediate food/feeding is out of what keeps people poor,  
then poverty is definitely out of the way" - an African Proverb*