



Join us for a LIVE

Q & A

**Our Tanzania/Rwanda trip is in August, but registration deadline is closing soon!
Signed Up Already? Thinking About it?
Just curious who Steppin' Out is?**

Join us to ask your questions and learn more!



Here's what I realized. I'm not the best writer. Especially when it comes to describing a magical trip like the one we are doing in East Africa - to Tanzania and Rwanda. Whenever I talk about it, people get drawn in. So, I'm excited to invite you to a live Zoom event where we'll be discussing our upcoming trips to [Tanzania](#) August 19th-27th and [Rwanda](#) August 27- September 2nd 2023! I'll give more of a rundown, we will have a question and answer session where you can ask any and all questions you might have about the trip, hopefully people from past trips will be on as well.

**The event will take place
Tuesday, February 28th
at 7:30PM CST, 8:30 PM EST and 5:30 pm PST
and will last for approximately 1 hour.**

I'm looking forward to sharing more details about this incredible trip and answering any questions you might have. I hope to see you there!

Best,

Robin

To join, register below for the Zoom link!

REGISTER NOW →



We're going to [Cuba March 23- April 2](#). As we do with most of our trips, we visit with local communities and try to give back in some way. The Jewish community in Havana operates a pharmacy for all and they said they are in desperate need of many things.

That is why we are asking for your help! **If you have any unused prescription medications that are still in their original packaging and have not expired, we urge you to send them to us so we can bring them.** The pharmacists there know how to distribute them and to the right people.

The process is simple. All you need to do is gather up any medications that you are no longer using, check the expiration dates, and ensure that they are in their original packaging. We will ensure that they are safely transported to Cuban pharmacies and distributed to those who need them the most.

If you don't have prescription medicine, over the counter medicine is great too. Every little bit helps, and your generosity can go a long way towards improving the health and wellbeing of those who are less fortunate. You can also send us money to buy over the counter meds to bring.

Here are some of the things they asked for:

- ◆ Prescriptions meds (not expired)
- ◆ Antibiotics
- ◆ Heart medication
- ◆ Stomach medication either RX or over the counter
- ◆ Aspirin
- ◆ All kinds of Vitamins
- ◆ Cold & Flu treatments

So please, take a moment to go through your medicine cabinet and see if you have any unused medications that you can donate. Your kindness and generosity will be greatly appreciated! We need them by March 14th.

**Want to come with us and deliver directly?
There's still room on the trip.
Here's the [info](#)**

To donate, email Robin directly!

Email Robin →

