



# **Pick up Waste while Reducing Your Waist**

**FACT**  
Picking up litter burns  
300-400 calories an hour.

Volunteer to help with Litter Bit Better and spend  
an afternoon cleaning up the neighborhood.



## **Pick it up on April 22-29**

During the week of April 22-29, 2017, volunteers from Rochester neighborhoods, businesses, groups, and individuals will be joining together to pick up the litter in our community.

You can help by volunteering to pick up Rochester. Register today at our website ([www.RNeighbors.org/litterbitbetter](http://www.RNeighbors.org/litterbitbetter)) or by calling 328-2431.

### **Make Rochester A Litter Bit Better!**

For more information, check out our website  
[www.RNeighbors.org/litterbitbetter](http://www.RNeighbors.org/litterbitbetter)

