

# Fast Break

*Take a break, we'll provide the treats!*

## **Give your employees a quick break!**

A small group of people with disabilities can come to your office to provide you with light snacks

### **How to participate:**

Schedule a date and time with us and we will show up at your office with some snacks to share. We will stay a few minutes and then be on our way. We will also leave a jar full of candy for your front office and come back to fill it up once a month.

### **SNACK MENU-choose one:**

- ◇ Muffins
- ◇ Cookies
- ◇ Fruit tray
- ◇ Donuts
- ◇ Cheese & crackers
- ◇ Bagels
- ◇ Other \_\_\_\_\_

*If you would like to participate in Fast Break contact Sandi Sammon at  
330-722-1900 or [ssammon@shc-medina.org](mailto:ssammon@shc-medina.org)*

**FANS** Friends  
Allies &  
Neighbors  
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The Arc of Medina County