

A photograph of a woman with short grey hair, smiling and handing a bag of snacks to a young girl with blonde hair. The woman is wearing a white American Red Cross vest over a light blue striped shirt. Her name tag reads "Disaster Relief" and "BARB REIDY". The girl is wearing an orange and white t-shirt with a cartoon character. They are standing in front of a red and white background with large letters "Dis" and "R" visible.

*Not all heroes  
wear capes.*

Every eight minutes, volunteers help the American Red Cross bring help and hope to people in need. Join us and make a difference in your community.

*Be a hero. Volunteer today.*

**Sign up at [redcross.org/volunteer](https://www.redcross.org/volunteer)**



**American  
Red Cross**

**#BeAHero**