



PO Box 160668
San Antonio, TX 78280

Workouthelpout.org
Info@workouthelpout.org

Our mission: To integrate exercise with community service to support health, provide help, and strengthen communities.

WOHO Defined

What is WOHO?

- Work Out Help Out (WOHO) is a nonprofit organization dedicated to strengthening communities AND volunteers.

What does WOHO do?

- WOHO hosts weekend volunteer service events.
- WOHO integrates exercise into every event.
- WOHO makes volunteering FUN by incorporating socialization, music, and healthy eating into every event!

Who does WOHO serve?

- WOHO serves like-minded community members, businesses, and organizations in need of assistance.



Work Out: Calisthenics



Help Out: Landscaping a Yard

Why does WOHO do it?

- 1) To improve community member quality of life and effectively halt current adverse US health trends.
- 2) To advance perceptions and behaviors related to health and volunteer service.
- 3) To educate and empower community members in decisions related to health, wellness, and quality of life.
- 4) To forge healthy, happy, influential, educated, and productive members of society.
- 5) To address the shortage of volunteer labor in the US.

What makes WOHO unique?

Our Environment

- WOHO events offer music and socialization as a way to create a supportive environment conducive to building relationships.

Our Model

- WOHO is uniquely designed to facilitate collaboration between nonprofit organizations, address multiple social challenges simultaneously, and help volunteers discover their altruistic passions.

Our Volunteers

- WOHO events unify volunteers from various cultural, professional, and ethnic backgrounds to a common cause- Building Strength Through Community Service.

