



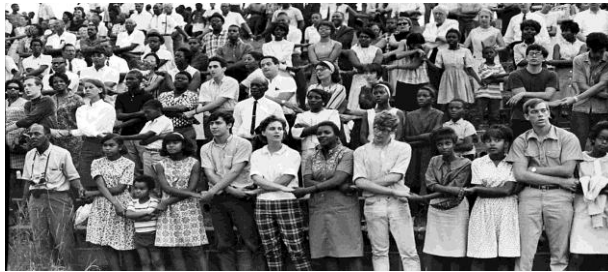
Tampa Bay Time Bank

Connecting untapped resources with unmet needs

JOIN THE TAMPA BAY AREA NETWORK OF TIMEBANKS! IT'S FREE!

What's Timebanking?

It's a service exchange "system" that uses time as its



currency. Instead of money, we exchange "person hours." You sign up to do things you love for members, offering what you enjoy in a service exchange. Members can organize household stuff, help with meal preparation, offer rides, tutor, fix things—if that's what excites you. Professionals can participate too through their organizations or as individuals to offer exchanges in the form of legal advice, tax prep, medical appointments, dental care, and more. People exchange service credit hours and record them in our online "Hour World" system. **Every hour of time is valued equally.** Whether you're weeding someone's garden or drawing architectural plans.

VITAL STATS!

For more info call Rita, Tampa Coordinator, at 608.335.2382 | or

Spring Hill Coordinator, Andy, at 727.517.1148 |

Check out all three area timebanks online!

tampabaytime.org

springhilltimebank.org

stpete.timebanks.org

Drop us a line at the blog: tampabaytime.org/tbt-blog/

**In Timebanking,
Local Members
Exchange What
They Love to Do!
They Offer Help.
And Ask for
Assistance When
They Need It,
Building
Community Along
the Way!**

**Gardening, singing
lessons, legal Advice,
house painting,
scrapbooking,
discussions of
cosmology. Whatever
floats your boat and
helps a neighbor, you
can offer...and
receive in a
timebank exchange.**

**WE HOLD REGULAR
MONTHLY
ORIENTATIONS**