<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Activities</th>
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</table>
- Join E-Nable Google group  
- Like our Facebook page! |
| 1 day     | - Find E-Nable hubs near you so you can get started on your hand!  
- Inform your friends and family about E-Nable |
| 1 month   | - 3D print and assemble an E-Nable hand  
- Send your completed hand to E-Nable and get certified |
| 1 year    | - Volunteer at a summer camp for disabled children  
- Create your own E-Nable chapter at your hometown |

**One main takeaway!**

A global community of dedicated individuals paired with new 3D printing technology is offering affordable options to those without hands so they can live healthier lives.