



## HELP ASTRID THROUGH PAINFUL RECOVERY AND TIME OFF WORK

Hi Everyone,

My name is **Ben Ramsey**, and I'm reaching out on behalf of my very good friend, **Astrid Alvarez**, who needs our help right now.

On **March 30th**, Astrid was on her way to an **eye doctor appointment** in **Temple, Texas**. She was completely **stopped at a stop sign** when she was suddenly **rear-ended**. What should have been a normal day quickly turned into something much more serious.

She suffered **severe contusions and bruising to her left leg**, along with a **large laceration that required stitches**. The pain was so intense that she had to be **taken by ambulance to the hospital**.

Since the accident, things have been really difficult for her. Astrid was **bedridden for several days** and only just recently was able to get out of bed. Even now, she is still **struggling to walk** and dealing with a lot of pain as she begins the **recovery process**.

Astrid is a **dental assistant** who truly loves her job, her **patients**, and the people she works with. She's someone who shows up every day with **care and positivity**. Outside of work, she discovered a true passion for riding. Since starting last October, it has quickly become an important and meaningful part of her life.

Right now, she's **unable to work** and will be off for some time while she heals.

Like most people, Astrid still has **bills and daily expenses** that don't stop, and this accident has created an **unexpected financial burden** on top of everything she's going through

physically.

I'm starting this campaign to help support her with **medical expenses** and **everyday living costs** while she focuses on getting better.

If you're able to help, **any amount** would truly mean a lot. And if you're not in a position to donate, **sharing this** would go a long way.

Thank you for taking the time to read this and for supporting Astrid during such a difficult time.

**Ben Ramsey** ☐☐

**HelpVy**



<https://helpvy.com/>