

Do you smoke or use Tobacco?

Helping Hands Clinic

CALL (828) 754-8565

- You must attend as part of your enrollment with Helping Hands or CHAP.

It is the mission of Helping Hands to help you improve your health!

Location: Helping Hands Clinic lobby

CALL (828) 754-8565

Every 2nd Tuesday of each month

Class Times: 9:00am or 4:00pm

Hosted by a health educator from the Caldwell County Health Dept.



Class dates for 2020:

January	14
February	11
March	10
April	14
May	12
June	9
July	14
August	11
September	8
October	13
November	10
December	8

Stop using Tobacco and save \$2000 per year!