



THE HELPING CENTER

CLIENT NEWSLETTER

JULY 2023

OUR MISSION:

The Helping Center of Marble Falls provides nourishment and limited financial support to our neighbors in need in a dignified and hope-filled setting. As a unified community of Christians, we also offer opportunities for education, fellowship, and referrals providing a path to self-sufficiency.

NEED HELP? WANT TO HELP?

Hours of Operation

M-F 9:30 am - 1:30 pm (food/assistance)

Tues 5:00 pm - 7:00 pm (food)

Thurs 5:00 pm - 7:00 pm (food)

Physical Address

1016 Broadway, Marble Falls TX 78654

Mailing Address

P. O. Box 402, Marble Falls TX 78654

Phone | 830-693-5689

Website | helpingcenter.org

Facebook | [Marble Falls Helping Center](https://www.facebook.com/MarbleFallsHelpingCenter)

Instagram | [thehelpingcenter](https://www.instagram.com/thehelpingcenter)

FOLLOW US / LIKE US:

Remember to follow us on Facebook or Instagram for general information, newsletters, and updates. We LIKE your "likes"!

JULY HOURS

The Helping Center will be closed on Tuesday, July 4 in observation of Independence Day.



NOTICES & COMING EVENTS

SKIN CANCER AWARENESS | Thursday, July 6 | 9:30 am – 1:30 pm

Stop by our welcome table in the shopping area to learn more about protecting your skin from our hot Texas sun. Take home a FREE tube of sunscreen!

NEED ADVICE ABOUT MONEY? | CLASS continues on Thursdays:

July 13, August 10, September 14 | 10:00 – 11:00 am | The Helping Center partners with Cadence Bank to bring you this 4-class series about money management.

Topics will include:

- budgeting for living expenses
- paying off loans
- addressing bad credit
- building a rainy-day fund
- checking accounts, and more.

Bank representatives will give 30-minute presentations with time afterward to answer questions or provide one-on-one counseling. Enter through The Helping Center to attend. This class is open to the public, so bring a friend! Light refreshments will be available, and EACH ATTENDEE WILL RECEIVE A \$10 GIFT CARD AT THE END OF EACH CLASS.

NOW HIRING! CorWorth Innovative Buildings is seeking carpenters, plumbers, handymen/women, masons, painters, and other construction trades for its Marble Falls facility. Competitive pay + benefits + insurance. 2-4 years experience preferred. Ask Jamie (front desk) for an Employment Application or a flyer about this opportunity.

COOKING WELL WITH DIABETES | Mondays: July 10, 17, 24 | 6:00 pm |

AgriLife Burnet Extension Office | This class is designed to help diabetics and caregivers with nutrition and meal-planning information. \$20 per person for all 3 sessions. RSVP by July 5 to Kailey.Roberts@ag.tamu.edu or 512.756.5463.

TEXAS IS HOT! SKIN CANCER'S NOT!

With spring and summer arriving, the air becomes warmer; the sun gets brighter; and outdoor activities are more frequent. Your skin's exposure to the sun increases during this time of year, which results in a greater risk of skin damage, including the development of skin cancer. The good news is that most skin cancers can be prevented. So, what can you do to prevent skin cancer?

- **Avoid the sun from 10 a.m. to 4 p.m.**
These are the peak hours of sun strength in North America — even in the winter and on cloudy days.
- **Wear sunscreen — at least SPF 15 — throughout the entire year**
Reapply sunscreen every two hours or more frequently if you're swimming or sweating.
- **Wear protective clothing**
Hats with wide brims and clothing that covers your arms and legs are helpful. Sunscreen doesn't block all UV rays, which cause skin cancer.
- **Avoid tanning beds**
Tanning beds operate with UV lights, damaging your skin and potentially leading to cancer.
- **Self-check your skin**
If you notice changes in your skin or worrisome spots, see your doctor.