



# THE HELPING CENTER

CLIENT NEWSLETTER

FEBRUARY 2025

## 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](http://helpingcenter.org)

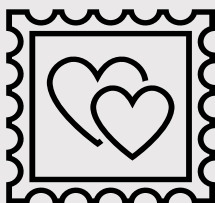
Facebook | [Marble Falls Helping Center](https://www.facebook.com/MarbleFallsHelpingCenter)

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

## HOLIDAY HOURS

We will be closed on Monday, February 17th to observe President's Day.

Happy Valentine's Day! It's people like YOU that make US love what we do!



## NOTICES & COMING EVENTS

**CLASS | "Gardening Made Easy" | Tuesday, February 11 | 10:00–11:00 am | Back by popular demand! Join us as we host Texas A&M AgriLife to bring you the first of a 3-class series on gardening. Free \$10 H-E-B gift card for participants. CRC Meeting Room.**

**CLASS | "Money Matters" | Thursday, February 13 | 10:00-11:00 am**  
A continuation of money basics taught by Cadence Bank, this month's class will focus on developing a savings plan. Free \$10 H-E-B gift card for participants. CRC Meeting Room.

**CLASS | Herbal Teas 101: Sip Your Way to Wellness | Tuesday, February 18 | 10:00-11:00 am | Discover the art and science of herbal teas in this engaging and educational class. Learn how to select, blend, and brew herbs for their unique flavors and health benefits. Whether you're looking to boost relaxation, energy, or immunity, this class will guide you. Perfect for tea lovers and beginners alike, this class will leave you inspired to embrace the power of herbs, one soothing cup at a time.**

**COMING IN MARCH! COOKING DEMO | "Top O' the Morning Chickpea Salad" | Tuesday, March 18 | 9:30 am – 1:30 pm | Stop by our welcome table in the client shopping area for a sample of this tasty salad. Offered with recipe cards and a FREE gift.**

**RECIPE OF THE MONTH | Upside Down Casserole | Enjoy this hearty beef casserole for the end of winter!**

## FEBRUARY IS HEART HEALTH MONTH

### Know Your Risk Factors:

Understanding heart health starts with knowing the key risk factors. These include:

- Family history
- Age & Gender
- Lifestyle habits

### Make Lifestyle Changes for a Healthy Heart:

Taking proactive steps can significantly improve your heart health. Here's how:

- **Diet:** Focus on a balanced diet with plenty of fruits, vegetables, whole grains, lean proteins, and low saturated fats.
- **Exercise:** Incorporate regular physical activity, including aerobic workouts and strength training, to keep your heart strong.
- **Stress Management:** Practice mindfulness, yoga, or meditation to reduce stress levels and support overall well-being.
- **Quit Smoking:** If you smoke, quitting is one of the most impactful ways to improve your heart health.

**Your heart works hard for you every day; show it some love by making these changes today!**