



## Starting a Family? HANDS Can Help.

### **What is HANDS?**

HANDS stands for Health Access Nurturing Development Services. It is a home visit program for moms, dads, and families. We support your pregnancy, healthy eating, safety and baby care. You choose to sign up.

### **Who can join?**

A family with a pregnant mom or a baby less than three months old can sign up. There are no income limits. We work with first time parents and families with more than one child. Dads can sign up too.

### **What to expect?**

We give support, information and activities that help you and your baby grow together. We support healthy growth and development, ensure safe homes and help parents reach the goals they have for their child and their family.

### **Special gifts!**

- Sign up for HANDS and do one home visit to receive a \$10 Walmart gift card.
- Tell a friend who signs up for HANDS and does at least one home visit and you BOTH receive a \$10 Walmart gift card.
- Every time you do two home visits you can choose between a \$5 Walmart gift card or one entry into a drawing for a new car seat or pack-n-play.

### **How do I sign up?**

To schedule a sign up appointment, contact Whitley County Health Department in Williamsburg at 606-549-9296 or in Corbin at 606-528-5613.

