

## Helping Hands



Health & Wellness Center

Helping Hands Health & Wellness Center is a free medical clinic for the uninsured and underinsured.

**ADULTS ONLY (18+)**

5100 Karl Road  
Columbus, OH 43229  
614-262-5094  
[www.helpinghandsfreeclinic.org](http://www.helpinghandsfreeclinic.org)



**SCAN ME**

### **FREE Doctor Visit or Check-Up**

Tuesdays from 8 - 9 AM

Thursdays from 3 - 4:30 PM

---Bring ID---

---Bring List of Current Medications---

### **TB Skin Testing**

Tuesdays from 11 AM - 1 PM

---Bring ID---

---Bring \$8 CASH Donation---

### **Physical Exams for Work or School**

Call to schedule: 614-262-5094

---Bring ID---

---Bring \$5 CASH Donation---

### **FREE Women's Cancer Screening**

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