



**CELEBRATING
25 YEARS OF
OUTSTANDING
SERVICE**

**HELPING HANDS
ADULT DAY
SERVICES**

ARE YOU A CAREGIVER IN
NEED OF ASSISTANCE?

WE CAN HELP!



ACTIVITIES

We provide a safe and stimulating environment for your loved one, where they engage in physical and cognitive activities daily.



**MOBILITY AND ADL
ASSISTANCE**

Our highly trained staff support your loved one with carrying out basic activities of daily living.



**MEDS, MEALS AND
TRANSPORTATION**

Our registered nurses administer medications, while our other team members serve nutritious meals. Transportation will be provided to and from the facility.

FOR MORE INFO, CONTACT US



Locations

5400 Norfield Rd.
Capital Heights, MD 20743
(301)736-6622

7121 Old Alexandria Ferry Rd.
Clinton, MD 20735
(301)856-5553

Website

www.hhadulday.com

HELPING HANDS ADULT DAY SERVICES

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Are you a caregiver in need of assistance? Contact us !!

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