



Every Beach Cities Health District **VOLUNTEER** impacts the lives and health of our community. More than 600 strong and 34,000 service hours have been dedicated each year, but we're not done yet.

STRONG

Errand Volunteer	MoveWell Volunteer	Conversation Companion
Be the key to independence for a senior by assisting with errands required for daily living, like grocery shopping and pharmacy visits.	Help a frail and home-bound senior maintain their strength, coordination and balance through exercises in the comfort of their home.	Make a meaningful connection with an isolated and homebound senior in need of social support, friendship and conversation.
Next Training: August 4, 1-4:30pm	Next Training: August 4, 1-5:30pm	Next Training: August 4, 1-4:30pm and August 5, 1-4:30pm

Visit bchd.org/volunteer to learn more about the programs and submit a volunteer application. **Application and pre-registration is required.**

Questions? Contact Volunteer Services at volunteers@bchd.org or 310-374-3426, ext. 246.

