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.

Errand Volunteer
Be the key to independence for a senior by assisting with errands required for daily living, like grocery shopping and pharmacy visits.

MoveWell Volunteer
Help a frail and homebound senior maintain their strength, coordination and balance through exercises in the comfort of their home.

Conversation Companion
Make a meaningful connection with an isolated and homebound senior in need of social support, friendship and conversation.

Visit bchd.org/volunteer to learn more about the programs and submit a volunteer application.

Referred by: ________________________________

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