**November is National Family Care Givers Month**

**Tip of the Month from Your Health & Wellness Committee**

Your loved one’s care does not always take place in hospitals, or nursing homes, or doctor offices, or medical clinics. Most care actually occurs in the home – and that’s a good thing. People are healthier at home and health care costs are reduced.

But caregiving at home can exact a heavy emotional, physical and financial toll. We are very fortunate to have many support and informational groups for Family Caregivers here in the South Bay. Here are a few Chamber members who can help:

**\*Always Best Care** (562) 315-8582

**\*Beach Cities Health District** (310) 374-3426 ext. 155

**\*Comfort Keepers South Bay** (310) 325-6500

**\*FirstLight HomeCare of South Bay** (424) 704-5337

**\*Heart Light** (310) 316-6030

**\*Homecare Assistance Redondo Beach** (310) 504-0506

**\*Silverado Senior Living** (310) 896-3100

**\*Torrance Memorial Hospital** (310) 517-4711

**\*Salvation Army Sage House** (310) 832-6031