## Brought to you by the Holy Family Health Ministry November is National Family Caregivers Month



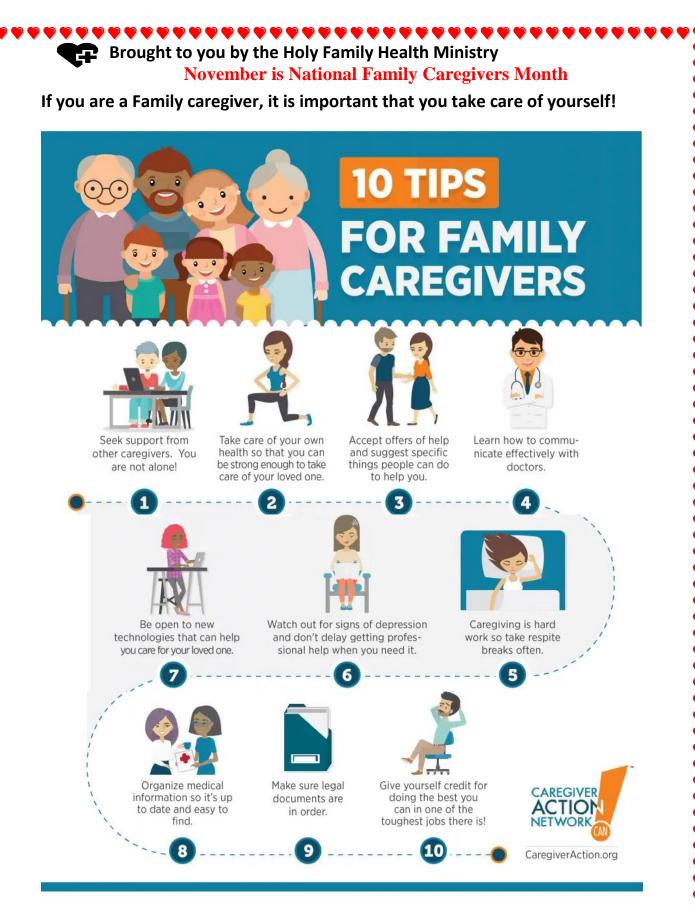
National Family Caregivers Month is a time to recognize, honor, and celebrate family caregivers by:

- Raising awareness of family caregiver issues
- Celebrating the efforts of family caregivers
- Increasing support for family caregivers

Family caregivers need you! If you know someone who is caring for an ailing loved one, be open and intentional about offering support.

This could mean:

Doing a household chore, providing a meal, making a grocery run, or lending an empathetic ear. Most importantly, offer them grace and flexibility when with them at work, church, or family gatherings.



Do not neglect to do good and to share what you have; God is pleased by sacrifices of that kind.-Hebrews 13:16

