



Program to Encourage Active, Rewarding Lives for Seniors

Would you like to get more out of each day?

Problems can pile up and make us feel helpless. The COVID-19 pandemic has made those feelings even worse for many as daily routines disappear and isolation grows. There are proven techniques to help you gain more control over your life, which can improve your mood and help you feel better...

PEARLS is a **FREE** program that will help teach you the skills to take action and make lasting changes in order to lead a more active and rewarding life.

With PEARLS you will receive:

Sessions with a trained staff person to:

- **Help identify your unique issues that present barriers to your quality of life with possible solutions**
- **Ideas for improving how you feel**
- **Follow-up, support, and encouragement**

*** Due to COVID-19 safety precautions, sessions are currently conducted telephonically or virtually**

This program is provided by:



Here is what past PEARLS participants have to say about the program:

"It was so nice having someone to talk to and share ideas with." —Mary, 70

"It really helped me to be accountable to somebody else when I was trying to reach my goals." —Anna, 66

"I felt like I was in a rut and this program really helped me out of it. It really got me motivated." —Harold, 89

"I would definitely recommend this program to anyone who wants to make positive changes in their lives." —Eugene, 78

To sign up, or for more information, call:

217-352-5100