



**Have you been feeling down or blue?
Have you lost interest in doing things?**

If you answered “yes” to one of these questions, and are 60 years or older, there may be something I can do to help! The **Aging and Disability Resource Center** is offering a no-cost, telehealth program called PEARLS.

The PEARLS Program stands for Program to Encourage Active Rewarding Lives. We can meet with you individually and help you identify and solve problems that are linked to making you feel the way you do, as well as find ways to become more physically and socially active.

Often the losses we endure as we age (for example, loss of loved ones, independence, physical health, or social isolation) can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness, or restlessness. Left unattended, these feelings can lead to a common medical condition known as depression. Depression, even minor depression, interferes with how well we function, how active we are, and how we interact with others. In short, it greatly affects our quality of life.

The PEARLS program teaches you skills to manage these unpleasant feelings and improve your quality of life.

If you want to learn more about PEARLS, you can contact the Aging and Disability Resource Center at **888-730-2372**.

PEARLS: Program to Encourage Active Rewarding LiveS