



PEARLS

Program to Encourage Active Rewarding Lives

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

- A trained PEARLS Coach will 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.
- PEARLS entails meeting for 8 sessions, 60 minutes each, with up to 4 follow-up calls to answer any questions and see how things are going.
- Sessions can be held over the phone, on a computer, or in-person.

If you want to learn more about PEARLS or to schedule an appointment, call one of the following organizations.

- **Elder Network-Rochester-507-285-5272**
Winona: 507-452-0580, Wabasha: 651-654-0354
- **Family Service Rochester- 507-287-2010**

Benefits

- Reduce depressive symptoms
- Improve quality of life and have a more positive outlook
- Become more engaged with family, friends, and activities you enjoy
- Improve physical and mental health

