

LET'S TALK ABOUT IT



Don't Face Depression Alone

Did you know that one in five older adults experiences depression? It's the most common mental health problem among those age 65 and older.



PEARLS



PEARLS

The Program to Encourage Active, Rewarding Lives (PEARLS) is an evidence-based program designed to reduce depressive symptoms and improve quality of life in older adults. Our PEARLS coaches will provide six to eight in-home or virtual sessions to help you:

- Recognize the symptoms of depression
- Use a seven-step approach to identify and solve problems
- Plan social and physical activities, which often improve the mood of people with depression

For more information, please contact Aging Program Coordinator, Kamiya Crawford, at 704-688-7036 or kcrawford@centralina.org.



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