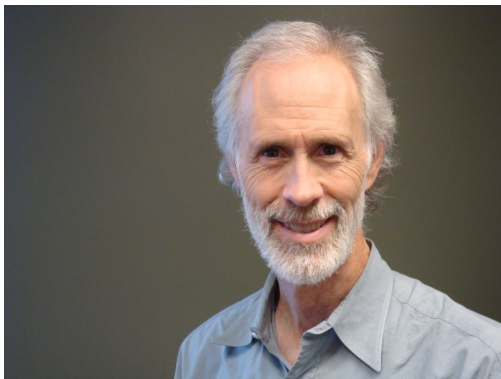




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PEARLS

Program to Encourage Active, Rewarding Lives

Tuesday, August 11 @ 10:30

Join Suzet and Carl for an engaging discussion of how to manage feelings of low mood, how to solve problems and find ways to enjoy life more.

PEARLS is a short-term intervention focused on problem solving and encouraging participants to engage in behaviors that help reduce feelings of depression, including increased physical and social activity.

Previously in-home counseling, this program now offers telephone counseling during COVID that assist low income older adults (55+) living in King County and at no cost to participants.

Go to bit.ly/AgeFriendlyLive and use the **blue “Join Event Now” button** to view online (captioned in **Arabic, Chinese, English, Korean, Russian, Spanish and Vietnamese**) 📺 To join by phone, or for detailed instructions, click the **green “Get Instructions” button** 📞 This live event is being recorded and will be uploaded to <https://www.youtube.com/c/AgingKingCounty> Subscribe to be notified when the recording is available 🔔

For accommodation requests, contact leap@spl.org at least seven days before the event to request accommodations.

More information?

Contact: Lifelong Recreation - Robin.branman@seattle.gov



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