

PEARLS

Program to Encourage Active & Rewarding Lives

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

Often, the losses we endure as we age (such as the loss of loved ones, independence, physical health, or social activities) can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness, or restlessness.

Left unattended, these feelings can interfere with how well we function, how active we are, and how we interact with others. It greatly impacts our quality of life.

PEARLS is a no-cost, in-home*, one-on-one wellness program that can help you:

- Identify and solve problems that are linked to making you feel the way you do
- Learn skills to manage unpleasant feelings
- Find ways to become more physically & socially active
- Improve your quality of life

PEARLS Participants:

- Age 55 or over
- Are feeling down or have lost interest in doing things
- Have problems they want to solve that are adding to their feelings (no matter how “big” or “small” the problem seems)
- Ready to be actively engaged in solving those problems

** Coaches can meet other places if your home isn't your preferred choice.*

For More Information or a Referral:

**Contact your Care Coordinator
or Case Manager at Yakima Neighborhood
Health**



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www.yakimaneighborhoodhealth.org