



Have you been feeling down or blue?

Have you lost interest in Doing Things?

If you answered "yes" to one or both of these questions and are 60 years or older, there may be something we can do to help

- The PEARLS Program teaches you skills to manage the unpleasant feelings associated with depression.
- Local coaches meet with you individually to help you identify and solve problems that are linked to feeling the way you do.
- Also learn how to find ways to be more physically and socially active.



## PEARLS @ The Marjorie Stewart Senior Center

Often the losses we endure as we age can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness, or restlessness. Gone 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.

### Info More

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