PEARLS

PROGRAM TO ENCOURAGE ACTIVE, REWARDING LIVES

Dennis Center for Active Living is ACTIVELY SEEKING AGENCIES looking to implement PEARLS PROGRAM

WHAT IS PEARLS?

PEARLS is a no cost, in-home and center based counseling program created by the University of Washington and promoted by the CDC. PEARLS is for adults aged 55 and over who are feeling down, discouraged or notice a shift in their social or personal habits. During six to eight sessions, PEARLS program coaches empower individuals to take action, create lasting change and lead more active and rewarding lives.

Coach Training and Clinical Supervision funded by the MA Executive Office of Health and Human Services

A PEARLS COACH WILL:

-Meet with a participant.
-Help them learn to better manage their lives.
-Find solutions to problems that cause participants to feel down or discouraged.



This program was made possible by Massachusetts Executive Office of Health & Human Services

For More Information Please Call (508)385-5067

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