

P.E.A.R.L.S.

Program to Encourage Active, Rewarding Lives



PEARLS



PEARLS stands for “Program to Encourage Active Rewarding LiveS.” PEARLS helps people age 60 and over to better manage their lives and find solutions to problems that make them feel down and discouraged. Participants in this program are partnered with a PEARLS counselor who will help you find ways to meet your challenges in life.

PEARLS is offered by the Trager Institute Optimal Aging Clinic as a no-cost counseling program. We are currently offering teletherapy options for video conferencing and phone calls.

*Options to meet in the Trager clinic or at your home will be available when current health protocols regarding COVID-19 indicate that this is safe to do.

We will work with you to help address your needs!

With PEARLS, you can:

a comprehensive program that works with you to address many topics including:

- ✓ Alleviate depression symptoms
- ✓ Improve quality of life
- ✓ Effectively tackle overwhelming life issues
- ✓ A support group for UofL and UofL Health current/retired employees



Meet Our PEARLS
Program Coordinator
Alison Hanlein

UOF TRAGER
INSTITUTE

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Optimal Aging Clinic

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Call 502-588-4340 or visit www.tragerinstitute.org/pearls
to schedule your first session today