

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

## Program to Encourage Active, Rewarding Lives



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.

At no cost to clients, these services can be offered in your home or community or at the Trager Institute Optimal Aging Clinic!

\*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**



TRAGER  
INSTITUTE



204 E. Market St., Suite A, Louisville KY

502-588-4340 | [www.TragerInstitute.org](http://www.TragerInstitute.org)

Call 502-588-4340 to schedule your  
mental health supports at the Optimal Aging Clinic