

Alliance for Aging . . . at home

Educational programs offered online and by phone

**NOT JUST
ABOUT
AGING,
BUT...**

Aging Well



Elder Abuse Awareness

Learn how to identify and prevent abuse, neglect and exploitation. Tuesdays, **June 9 and June 23 at 2pm** on Zoom- Join us at:

<https://us02web.zoom.us/j/85154121048?pwd=R2tHVDRlYUhhS0GlaUlBjNzZRWEJlOT09>

Chronic Disease Self -Management

Promotes healthy aging by educating older adults about chronic diseases, and related concerns. Evidence-based health program covering not only chronic conditions, but also their impact on their lives and emotions. - Zoom and/or Telephonically. Offered in English and Spanish.



The PEARLS Program

The Program to Encourage Active and Rewarding Lives (PEARLS) is designed to reduce depression in socially isolated people. PEARLS reduces depressive symptoms and improves quality of life in older adults. It is home-based and provides eight 60-minute sessions, one-on-one with a trained PEARLS counselor over a six-month period. - Telephonically. Offered in English and Spanish.



Beware of Scamming amid COVID-19

The Coronavirus pandemic prompted us to create a presentation about Covid-19 related scams and fraud against older adults. - Tuesdays, **June 2 and June 16 at 2pm** on Zoom- Join us at: <https://us02web.zoom.us/j/81592359323?pwd=enhydEptZ2RocWQ3ZVU5bIF2NHNIz09>

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