

October 2019

Join us for coffee and conversation with
Aging and Disability Services - PEARLS

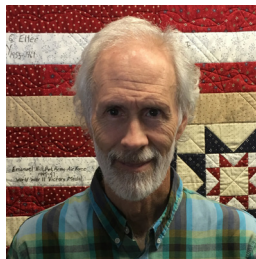
Thursday, October 17
10:00–11:00 a.m.

Also streamed live at:
[facebook.com/AgeFriendlySeattle](https://www.facebook.com/AgeFriendlySeattle)

The Central Building
810 3rd Avenue
4th floor
(between Columbia & Marion
in downtown Seattle)



Suzet Tave



Carl Kaiser

Aging and Disability Services Counselors Suzet Tave and Carl Kaiser will discuss PEARLS (Program to Encourage Active, Rewarding Lives) – free in-home counseling for 55+ veterans and civilians. Topics include: depression management techniques, steps for taking control of your life, tips for managing chronic medical conditions and increasing quality of life as we age.

Want to hear from these and other presenters? Subscribe to ["Aging King County" on YouTube](#) and look for *Age Friendly Minute* episodes and other videos about previous events.

For questions about accessibility or to request an accommodation, contact Lenny Orlov (206-386-1521 or agefriendly@seattle.gov) at least one week prior to the event.



Age Friendly Seattle Coffee Hours are held on the third Thursday of every month at the Central Building and on other dates in Seattle neighborhoods.

The events bring community elders closer to City officials to explore topics of interest. Presentations often include cutting edge information about healthy aging, legal and planning issues, and more.

Participants learn about City programs and services, and officials hear from their constituents.

Coffee and refreshments are served.

Age Friendly Seattle

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www.seattle.gov/agefriendly

