



Compass Behavioral Health in coordination with Douglas County Senior Services is proud to present:

Wellness Initiative for Senior Education (WISE)

A **FREE** six-session Wellness Program for Older Adults (55+)

What you will learn:

- Participants will increase their knowledge regarding how their bodies age, how the aging process affects their ability to metabolize alcohol and medications, and how to recognize the early signs and symptoms of depression.
- Participants will be more likely to improve health behaviors related to lifestyle choices, health care empowerment, and use of prescription and over-the-counter medications.



Compass Behavioral Health
a division of  adapt

Weekly for 6 weeks starting

Location: **Yoncalla Community Center**

400 Main Street

Yoncalla Oregon

Tuesday, July 9th

Tuesday, July 16th

Tuesday, July 23rd

Tuesday, July 30th

Tuesday, August 6th

Tuesday, August 20th

10am-12pm - Lunch

Served at noon at 12pm

Participants who completed the WISE program reported greater increases in social support over time

FREE Prize giveaways to include a Fitbit for each location!

Must complete 5 or 6 sessions to receive an incentive.

Contact Adam Jones at 541-229-8930 or adamj@compassoregon.org for more information and to register!