



**PEARLS**

Program to  
Encourage Active,  
Rewarding Lives  
for Seniors

**Inland Caregiver Resource Center  
and The Pearls Program Presents**



**PEARLS OF WISDOM FACEBOOK LIVE**



Join us every Monday at 12:00 pm for 15 minutes Uplifting presentations

**May 3 - Talking About the Blues**

**May 10 - Resilient Aging**

**May 17 - Self Care**

**May 24 - Happy Living**

**May 31 - Breathing/Relaxation**

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