

## FREE Support Program

### for Seniors 60+

Feeling blue?



Losing interest in  
doing things?

Want a better  
quality of life?



JADE Program can  
help you become

**Joyous**

**Active**

**Determined**

**Empowered**



8 individual life-skills sessions focused on:

- Problem Solving
- Increasing Social Activities
- Increasing Physical Activities

Venue: AACI @ 2400 Moorpark Ave, suite 300, San Jose, CA 95128

Languages: English, Mandarin Chinese and Vietnamese

Contact: Annie Liu at (408)975-2730 ext 180 or email [annie.liu@aaci.org](mailto:annie.liu@aaci.org)

*Funded by:*