

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

Funded by: