



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: **Glide Community Club**

**20062 N Umpqua Hwy  
Glide Oregon**

Thursday, July 11th

Thursday, July 18th

Thursday, July 25nd

Thursday, August 1st

Thursday, August 8th

Thursday, August 22nd

**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](mailto:adamj@compassoregon.org) for more information and to register!**