

**POSITIVE
MINDS**

**STRONG
BODIES**

Learn More!

Contact us at:

(617) 724-1237

lwagner@charesearch.org



**Learn new ways to
Manage stress, improve physical health,
and lead a happier life**

The Cambridge Health Alliance invites older adults age 60+ to participate in a new research study to help older adults lead happier and healthier lives.

Eligible participants may receive:

- ❖ **Weekly individual sessions** to help you learn new ways to manage stress and problems in your life.
- ❖ **3 weekly group exercise classes** to build strength and promote physical health.

You may receive up to \$110 in gift cards for your participation.