

**University of Michigan School of Social Work,  
in collaboration with Senior Resources**



# **JOIN OUR STUDY ON ONLINE THERAPY FOR SENIORS!**



**Are you feeling down or lonely? Want to feel more uplifted?**

Many seniors like you have volunteered to try our online program, **Empower@Home**.

This program is designed to improve your mood and enhance your quality of life.

This study is approved by the University of Michigan Institutional Review Board (HUM00254688).

## **What You Need to Know:**

- **Participate from the Comfort of Your Home:** No travel required.
- **Completely Free:** There is no cost to you.
- **Earn Up to \$140:** For your participation.
- **No Computer Experience Needed:** We provide an iPad and internet access for free.
- **Work with a Personal Coach:** Receive support and guidance throughout the program.
- **Technical Support Available:** Help is just a call away for any technical issues.

**Interested? Call us at: 734-215-5090**

For more information: [empower-at-home.com](http://empower-at-home.com)