

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