



INTENSIVE THERAPY PROGRAMS FOR OLDER ADULTS

HAVE YOU OR A LOVED ONE EXPERIENCED:

- Anxiety
- Changes in Appetite
- Depression
- Difficulty Sleeping
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness
- Lost a spouse or close family member
- Loss of energy
- Loss of interest in previously enjoyed activities
- Recently experience a traumatic event

If you know an older adult who may benefit from our care or have questions about our services, please contact us today

218-745-3256

Westbridge Center
109 S. Minnesota Street, Warren

www.northvalleyhealth.org

Equal Opportunity Provider and Employer

