

HOLA Health Promotion Program



Preventing Anxiety and Depression through Health and Wellness

Who is eligible?

- Must be experiencing symptoms of anxiety and/or depression
- Identify as Latino.
- 60+ years of age
- Must be physically able to walk at a moderate intensity.

Payment

- Participants will be compensated \$25 for each completed assessment.
- Four assessments will be completed for a total of \$100.



To participate or for more Information call:

University of Miami
Center on Aging

305.355.9063

Or

dej18@med.miami.edu

Happy Older Latinos are Active (HOLA) Study is a 16-week health promotion program designed to prevent depression and anxiety in older Latinos. Participants will be provided with information about the nature and effects of depression and anxiety, how to cope and manage symptoms of depression and anxiety, and how to take better care of themselves via an innovative program designed to enhance health and well-being. HOLA is funded by the National Institute of Mental Health in collaboration with the U of M Center on Aging.