

Cognitive Therapy Lecture Series

FREE

Act Your Age

A Cognitive Approach to
Aging Across the Lifespan

Presented by

Rafael M. Reyes, PsyD

Sharp Mesa Vista Hospital

Date: Tuesday October 4, 2011
Time: 6:00pm—7:00pm
Location: Sharp Mesa Vista Hospital
Ed Building
Cost: FREE

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
858-836-8459

*The Cognitive Therapy
Lecture Series meets
monthly on the FIRST
TUESDAY of each
month. Presenters are
experienced clinicians
in the community.*

Using cognitive therapy techniques, Dr. Reyes will help us understand how getting older often leads to distorted styles of thinking that can interfere with life. Understanding these distortions and how we often unconsciously perpetuate them, is the first step to balanced thinking and opening the door to a more fulfilling and productive future. From feeling too old to return to school or to start a new hobby to the difficulties adults often face in making friends and social connections, Dr. Reyes will offer practical tools intended to decrease the weight of age and increase our productivity.

