



Cognitive Therapy Lecture Series

Ageism:

How thoughts on aging impact depression and quality of life

> Presented by Dara Bliss Levinson, M.S. Pre Doctoral Psychology Intern Sharp Mesa Vista Hospital

Date:

Tuesday August 4, 2009

Time:

6:00pm—7:00pm

Location:

Sharp Mesa Vista Hospital

COG IOP Classroom

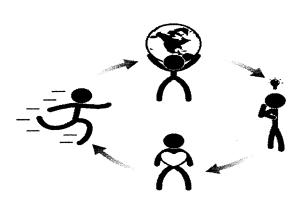
Cost:

FREE

Registration: 1-800-82SHARP or online at

www.82sharp.sharp.com

Cognitive Therapy is a research-based treatment approach to mood disturbances and behavior problems. This form of psychotherapy helps identify the relationship between thoughts, feelings, and behaviors, and their impact on life situations. Mrs. Levinson will discuss how thoughts on aging impact depression and quality of life. Please join us for this interactive and interesting topic.



FREE

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