

**SHARP** Mesa Vista  
Hospital



# Cognitive Therapy Lecture Series

**FREE**

## 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

*Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue  
San Diego, CA 92123  
858-694-8459*

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](http://www.82sharp.sharp.com)

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

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.

