

# Cognitive Therapy Lecture Series

**FREE**

## Beat the Emotional Games that Sabotage Your Finances: How to Manage Stress and Anxiety in Difficult Economic Times

Presented by  
Tom Manheim, Ph.D.  
Licensed Clinical Psychologist

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

Date: Tuesday February 1, 2011  
Time: 6:00pm—7:00pm  
Location: Sharp Mesa Vista Hospital  
Ed Building  
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. Dr. Manheim will lead a lecture and discussion about how to manage stress and anxiety in difficult economic times. Please join us for this interactive and interesting topic.

