

# Cognitive Therapy Lecture Series

**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.*

## **Healthy Aging: How Thoughts and Behaviors Impact the Aging Process**

Presented by  
Dara Schwartz, Psy.D.  
Psychological Assistant  
Sharp Mesa Vista Hospital  
Cognitive Intensive Outpatient program

Date: Tuesday November 2, 2010  
Time: 6:00pm—7:00pm  
Location: Sharp Mesa Vista Hospital  
Ed Building  
Cost: FREE  
Registration: 1-800-82SHARP or online at

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. Schwartz will lead a lecture and discussion about how thoughts and behaviors impact the aging process. Please join us for this interactive and interesting topic.

