



Cognitive Therapy Lecture Series

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

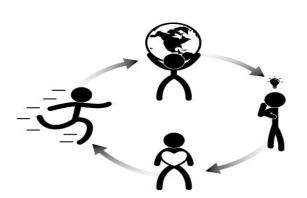
Location: Sharp Mesa Vista Hospital

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.



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.