

# Cognitive Therapy Lecture Series

**FREE**

## Taking Hold of Your Mind: A Mindfulness Approach to Everyday Life

Presented by  
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Date: Tuesday March 2, 2010  
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. Dr. Mazaheri will lead a lecture and discussion about a mindfulness approach to everyday life. Please join us for this interactive and interesting topic.

