

Cognitive Therapy Lecture Series

FREE

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

Presented by
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*Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123
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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

*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.

