

Mindfulness-based Forgiveness Group

for older adults

*Studies show forgiveness leads to improved
health and inner peace*



Fridays, June 2- July 21, 2017
1:30- 4:00pm

Turner Senior Resource Center
2401 Plymouth Rd. Ste. C.
Ann Arbor, MI

Call Mariko Foulk, LMSW at (734) 764-2556 for
information and to schedule an assessment
interview

This is a therapy group, and the cost is covered by most insurance.