

Mindfulness-based Forgiveness Group

for older adults (age 60 plus)

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



8 Fridays, March 2- April 20, 2018
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/orientation interview

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