

# **Mindfulness-Based Chronic Pain Care (for age 60 plus)**

**8 Fridays, March 8 – April 26  
1:30-4:00 pm**

**Eight-session  
evidence-based  
practice to reduce  
pain-related  
stress and restore  
well-being.**



**(covered by Medicare and most insurance)**

**Call Mariko Foulk, LMSW, for more information &  
schedule the initial interview at (734)763-4965.**