

Mindfulness-Based Chronic Pain Care

(group therapy for age 60 plus)

8 Fridays, March 6 – April 24, 2020
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.**