

# **Mindfulness- Based Forgiveness Group**

**(for people age 60 plus)**

**8 Fridays, May 22- July 10, 2020  
1:30- 4:00pm**



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

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

**The cost is covered by Medicare and most insurance.**