



The Geriatrics Center Social Work
4260 Plymouth Road
Ann Arbor, MI 48109
(734) 764-2556

Mindfulness-Based Cognitive Therapy on Zoom

(for age 60 plus)

Fridays, Feb. 19– April 9, 2021
1:30-3:30 pm



**8-session evidence-based practice for
prevention of depression and anxiety relapse &
to enhance a sense of well-being.**
(covered by Medicare and most insurance)
Led by Mariko Foulk, LMSW/ Halla Motawi, LMSW

**Call for more information & schedule the initial
interview at (734)764-2556**