WOW Group
Wise Old(er) Women
An interactive therapy group

What is this group about?
This group is for women 65 and older who are experiencing sadness, depression, anxiety of difficulty adjusting to situational challenges as they age. Led by Kristin Kleppe, Psy.D. this group will enable women to celebrate the wisdom they have acquired over a lifetime of experience and help them learn to access that wisdom to improve functioning and life satisfaction.

When does it meet?
Friday mornings for 12 weeks, beginning June 18, 2010. The 90-minute meetings begin at 10 a.m.

Where?
UC Irvine Medical Center
SeniorHealth Center, Pavilion IV
101 The City Drive South
Orange, CA 92868

Park in the medical center parking garage at the intersection of Dawn Way and The City Drive South. Parking validation will be provided.

www.ucihealth.com/seniors