

# 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 or 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?

10 a.m. – 11:30 am

Friday mornings for 12 weeks

### Where?

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

**REGISTER NOW!**

Registration is required

For more information, call Dr. Kleppe at 714.480.2421

Medicare and approved supplemental insurance plans are accepted.

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