



# Mind-Body Program for Health and Fertility

*The Stress Management and Resiliency Training (SMART) Program for Health and Fertility has helped hundreds of women cope with the challenges of infertility*

Research shows that practicing mind body strategies helps to decrease physical symptoms and to reduce feelings of distress, depression, anxiety, isolation and anger. This program teaches women how to regain a sense of control and well-being, develop coping strategies to better manage treatments and optimize chances for success.

## Over the course of the program, you will:

- Learn techniques to elicit the relaxation response (including deep breathing, imagery, and yoga)
- Learn how lifestyle behaviors can impact fertility
- Be part of a supportive group sharing similar experiences
- Develop skills to reverse negative thinking

After completing our program, our typical patient finds herself calmer, more in control and better able to cope with the future.

## Elements of the Program Include:

- Lectures
- Skills training
- Group sharing
- Self-care
- Symptom monitoring
- Partner sharing

## Leadership

The program is led by **Leslee Kagan, MS, FNP-BC**, Director of Women's Health at the Benson-Henry Institute. An expert in the field of women's health, she has extensive experience in providing health care for women in the Greater Boston area.

## Enrollment

The program includes three individual visits and weekly, two-hour group sessions. Individual visits are billable to insurance and group sessions are self-pay. Individual sessions are also available.

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