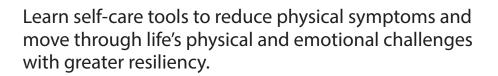


## Mind Body Program for Women

The Stress Management and Resiliency Training (SMART) program teaches to women how to master stage of life issues and find relief from symptoms ranging from hot flashes and night sweats to anxiety, disrupted sleep and premenstrual syndrome (PMS).



Sessions are held on Mondays 5-7 PM at the Benson-Henry Institute for Mind Body Medicine 151 Merrimac Street, 4th Floor Boston, MA 02114



Discover how lifestyle behaviors impact overall health; cultivate stress-reduction skills including deep breathing, imagery and yoga; and develop strategies to reverse negative thinking, all in a safe and supportive environment.

> For more information call Richard Jennette at (617) 643-6055 or rjennette@partners.org

f y in www.bensonhenryinstitute.org