



BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE
AT MASSACHUSETTS GENERAL HOSPITAL



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



Learn self-care tools to reduce physical symptoms and move through life's physical and emotional challenges with greater resiliency.

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

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www.bensonhenryinstitute.org