



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



Successful Aging

A Mind Body Program for Reducing Stress and Enhancing Resiliency

Stress and aging are inextricably linked; learn the self-care skills you need to move through life's physical and emotional challenges with greater resiliency. The Stress Management and Resiliency Training (SMART) program for Successful Aging teaches those 65 and older how to maximize health and become more vitally engaged in life.

Learn how lifestyle behaviors enhance coping; cultivate stress-reduction skills including deep breathing, mindfulness and imagery; and develop strategies to reverse negative thinking, all in a safe and supportive environment.

Group size limited; call today to register.

Sessions are held Tuesdays 1:00 AM - 3:00 PM and are covered by most insurers. Pre-registration is required. Call today for more information.

Leadership: Laura Malloy, LICSW, Director of Successful Aging Programs

www.bensonhenryinstitute.org



8-Week Sessions are held regularly
at the

Benson-Henry Institute for Mind Body
Medicine, 151 Merrimac Street, 4th Floor,
Boston, MA.

For more information, call Jeff Sniffin at
(617) 643-6089 or email jsniffin@partners.org