



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.

Sessions are held Thursdays 1:00 PM - 3:00 PM  
The 8-week program costs \$625 per person. This is a self-pay fee due at your one-hour goal setting visit. Individual visits with clinicians are billed to most insurance plans, however normal co-pays, co-insurance and/or deductibles apply. Please check with your insurance provider prior to your initial visit to determine coverage and referral requirements.

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

[www.bensonhenryinstitute.org](http://www.bensonhenryinstitute.org)



**8-Week Sessions**  
are held regularly  
online via Zoom

For more information,  
Call Kiara Robinson at **(617) 643-6089**  
or email [krobinson11@partners.org](mailto:krobinson11@partners.org)