Stress Management and Resiliency Training (SMART)

A Mind Body Program for Health & Resiliency

Are you stressed? We can help!

This 8-week program will help you develop self-care tools to manage your stress, reduce medical symptoms and enhance your quality of life.

You will learn:

- How to recognize your personal response to stress
- Meditative techniques to help elicit the Relaxation Response
- How to change thought patterns and emotional outlook
- Self-care techniques to improve wellness

Developed by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, the SMART program is a research-proven group program that can help you regain a sense of control.

**SMART can help improve many medical conditions including:**

- Stress related symptoms
- Anxiety
- Chronic pain
- Mild to moderate depression
- Insomnia
- Gastrointestinal disorders
- Headaches or migraines

Our next program:

**October 22 - December 17**
**Thursdays, 3:00-5:00pm**

This is a VIRTUAL PROGRAM via Zoom

$550.00 course fee

To register, please call 617-732-9700
or e-mail OsherClinicalCenter@partners.org

Participants will be required to complete one or two individual medical visits (billable to insurance)

Offered by

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