Mind Body Program for Cancer Survivors

Stress Management and Resiliency Training (SMART):
Relaxation Response Resiliency Programs (3RP) at Massachusetts General Hospital

The Massachusetts General Hospital Cancer Center is pleased to offer the Benson-Henry Institute for Mind Body Medicine’s highly regarded SMART-3RP training at its Boston, Danvers and Waltham locations. This program is designed to assist patients who have completed cancer treatment by providing critical tools to help them cope with the experience of their diagnosis and treatment as well as adjust to life after treatment.

During nine, 90-minute weekly sessions, this program will help participants:
- Learn self-care techniques, through relaxation, mindful awareness and adaptive thought patterns
- Reduce stress and physical/emotional symptoms associated with cancer and its treatment
- Cope with and manage late effects of treatment
- Promote a sense of control, optimism, acceptance and well-being

Elements of the program include:
- Interactive lessons
- Skills training
- Healthy behaviors
- Symptom monitoring
- Group learning
- Self-Care

Enrollment
The Mind Body Program for Cancer Survivors is billable to insurance; most insurers cover the program. Pre-registration and a $50 materials fee are required.

Tuesdays at MGH Cancer Center (Waltham) beginning September 19th
10 AM - 11:30 AM with MGH Cancer Center Psychologist Elyse R. Park, PhD

Fridays at MGH Cancer Center (Boston) beginning September 22nd
9 AM - 10:30 AM with MGH Cancer Center Psychologist Lara Traeger, PhD

Fridays at MGH Cancer Center (Danvers) beginning September 22nd
10 AM - 11:30 AM with MGH Cancer Center Psychologist Giselle Perez, PhD

For information or to register, email mghsurvivorship@partners.org

www.bensonhenryinstitute.org    www.massgeneral.org/cancer