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 and Waltham locations. This program is designed to assist patients who have completed treatment by providing the tools they need to cope with the experience of their illness, treatments and changes.

During nine, 90-minute weekly sessions, this program will help participants:

- Learn self-care techniques, through relaxation, mindful awareness, yoga 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
- Healthy behaviors
- Group learning
- Skills training
- Symptom monitoring
- 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 Waltham Cancer Center
10 AM - 11:30 AM with MGH Cancer Center Psychologist Elyse R. Park, PhD
To register, please email mghsurvivorship@partners.org

Fridays at MGH Cancer Center (Boston)
9 AM - 10:30 AM with MGH Cancer Center Psychologist Lara Traeger, PhD
To register, please email mghsurvivorship@partners.org

www.bensonhenryinsitute.org