The Stress Management and Resiliency Training (SMART) program teaches women how to master stage of life issues and find relief from symptoms ranging from hot flashes and night sweats to anxiety, disrupted sleep and premenstrual syndrome (PMS).

For more information call Richard Jennette at (617) 643-6055 or rjennette@partners.org

Learn self-care tools to reduce physical symptoms and move through life’s physical and emotional challenges with greater resiliency.

Discover how lifestyle behaviors impact overall health; cultivate stress-reduction skills including deep breathing, imagery and yoga; and develop strategies to reverse negative thinking, all in a safe and supportive environment.

Mondays 5-7 PM at the Benson-Henry Institute for Mind Body Medicine 151 Merrimac Street, 4th Floor Boston, MA

www.bensonhenryinstitute.org