



MASSACHUSETTS
GENERAL HOSPITAL

BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE



Mind Body Program for Successful Aging

Mind Body Programs at Massachusetts General Hospital
Reducing Stress and Enhancing Resiliency

Would you like to understand the link between stress and aging? Would you like to become a more active participant in maximizing your health? Would you like to be more vitally engaged in life?

The Mind Body Program for Successful Aging is a nine-week group for individuals who are age 65 and older. Learn the tools you need to age with *wisdom, health, humor and gratitude*.

Topics covered include:

- Practice the Relaxation Response, the opposite state of the fight or flight response, to reduce stress
- Understand the relationship between stress and hypertension, insomnia, headache/chronic pain and cognitive decline
- Change your mind to change your mood (cognitive restructuring)
- The top ten tips for aging well

Leadership

Ann Webster, PhD is the Director of the Mind Body Program for Successful Aging. Dr. Webster is a health psychologist who also provides individual psychotherapy and is part of the research team at the BHI. With the Institute since 1987, she earned her PhD in Health Psychology at Albert Einstein School of Medicine.

Registration

Pre-registration is required and there is \$35 material fee. For more information or to register, please contact Sue Clough at **617-643-6054** or email her at **sclough@partners.org**.

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