Develop a self-care routine to help manage stress, improve your outlook and enhance your quality of life. Developed at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, the PART program teaches participants a variety of mind body practices and self-care interventions.

9-Session Courses Begin Week of 2/22/23
Course sections available Monday - Friday with varying start times.

Register in SPIRE: UNIV 197P

SECTIONS: 66133 - 66136, 66143 - 66149, 69091 - 69099

Contact: Mike Pease, MS, MPPA, CPT Certified Health Coach