Take PART in POSITIVITY and RELAXATION TRAINING
1-Credit Course Fall 2022

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 9/13/22
Course sections available Monday - Thursday with varying start times.

Register in SPIRE: UNIV 197P

SECTIONS: 54518, 54519, 54520, 54521, 56319, 56320, 56321, 56322, 56324, 56325, 56326, 56327

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

UMass Amherst
Center for Health Promotion