



**How to Manage Stress in an Age of Hurricanes (and other stressful events!)**

Date: February 23, 2018 3:00 PM - 5:00 PM

Learn how to use our own mind and body to develop better stress management skills.

Location: Mental Health Association of Palm Beach County 2 CEUS

**Presented by Dr. Ellen Slawsby, Director of the Mind/Body Chronic Pain Service**

**Benson-Henry Mind Body Institute at Massachusetts General Hospital**



Many of us are still reeling from Hurricane Irma and before we know it, we will be in hurricane season again!

Patients with chronic stress can use multiple methods to manage their stress. This presentation will help us learn how to use our own mind and body to develop better stress management skills. Mind body techniques can help

improve the quality of individual's lives and help contain the use and need for medication that often can lead to difficult side effects and for some addiction. Come and learn a number of techniques that will help you and or your patients manage and live with their stress better.

MHAPBC welcomes the return to West Palm Beach one of our favorite presenters: Dr. Ellen Slawsby of The Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital in Boston.

**Learning objective:**

Introduce mind body and cognitive behavioral skills, which help individuals manage their life and stress better. The goal is to introduce skills that not only help manage stress better but often allow the patient to reduce or stop using medications that often have deleterious side effects.

**Targeted to both laypeople and clinicians, this program promises to be one of our most popular this year! 2 CEUs available.**

**Location**

Mental Health Association of Palm Beach County

909 Fern St.

West Palm Beach, FL 33401

**Workshop Cost**

Members \$25

Non-members \$30 ([Become a member](#) today and enjoy discounts at all our events for a year!)

**Please call today to reserve your seat or sign up online. 561-832-3755**

**ADVANCE TICKETS ONLY**

## **About the Presenter**

Dr. Ellen Slawsby is a psychologist with the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. The institute is a scientific and educational organization dedicated to research, teaching, and clinical application of mind body medicine and its integration into all areas of health. For the past 35 years, Dr. Herbert Benson and his colleagues have treated thousands of patients with stress-related illnesses using the relaxation response – a physical state of deep rest that changes the physical and emotional responses to stress. Dr. Slawsby is also an assistant professor at Harvard Medical School.

*Parking is plentiful and free of charge directly behind our building. Registrations are limited, and will be accepted on a first-come, first served basis!*

***Sign up online today or call us at 561-832-3755. Seating is limited!***