INTRODUCING: SMART
(Stress Management and Resiliency Training)

Lisa Dalton, MD teaches the SMART (Stress Management and Resiliency Training) program developed at the Mayo Clinic by Amit Sood, MD. This research based program uses scientific understanding of the brain to help manage stress and lead more peaceful and resilient lives. Learn more about this program at stressfree.org. Dr. Dalton has trained directly with Dr. Sood and is excited to bring this program to Denver. She offers one on one consultations and group presentations of the SMART program.

About Dr. Lisa Dalton
After practicing traditional family medicine for 20 years, I saw the impact stress had on patient's health and wellbeing. I have always wanted to assist my patients to manage stress better. I found the SMART (Stress Management and Resiliency Training) program developd at the Mayo Clinic by Amit Sood, MD. You can learn more about this program at Stressfree.org.

When
Appointments available Mondays

Cost
$150 for 60 minutes

Founders Building - 4700 Hale Parkway Suite 150 - Denver, CO 80220

Call 303-788-9399 to schedule or for more information

www.progressivehealthcenter.org