

Feeling stressed?



We would like to invite you to participate in an eight-week stress-reduction course and MRI research study at Massachusetts General Hospital.

The study investigates the underlying neural mechanisms of stress reduction interventions.

- **You will receive:**
 - **An eight-week stress reduction course at no cost at Massachusetts General Hospital**
 - **An MRI picture of your brain! (note: not a diagnostic image but looks great on your fridge!)**
 - **Compensation of \$200 for completing all the testing**
- **Study requires five visits of ~1-2 hours each and completion of questionnaires, before and after your 8-week stress reduction course**
- **Participants must be:**
 - **Physically and mentally healthy**
 - **Age 18-65**
 - **Have no metallic implants**
 - **Right-handed**
 - **Not claustrophobic**

**If interested, please contact: lazar-lab@nmr.mgh.harvard.edu,
or call: 617-643-8003**