**Contemplative Practices**

- Mindfulness-Based Stress Reduction (MBSR)*
  - Tue | Sep 24 – Nov 12 | 7p
- Sound Immersion Meditation
  - Tue | Oct 8 | 6p
- The Power of Gratitude
  - Wed | Oct 9 – Oct 16 | 12p

**Environmental Health**

- Safe and Confident Winter Biking
  - Thu | Nov 14 | 5:30p

**Stress & Resiliency**

- The Untapped Power of Forgiveness
  - Wed | Oct 9 | 5:30p
- Equine-Imity*
  - Thu | Oct 3 – Oct 31 | 4p
- Wisdom Therapy – All We Need is Love, and Wisdom*
  - Sat | Oct 12 | 9a
- Thriving Through Change and Life’s Transitions
  - Fri | Oct 18 – Oct 25 | 12p
- Enhancing Resilience by Cultivating a Contemplative Lifestyle*
  - Tue | Oct 22 & Nov 12 | 6p

**Prevention/Medical Management**

- Managing Stress – In the Moment
  - Mon | Oct 28 | 3:30p
- How To Avert and Resolve Interpersonal Conflict to Strengthen Relationships *
  - Sat | Nov 9 | 9a

**Online**

- Better Choices, Better Health
- Check Up and Choices
- Headspace – Meditation Made Simple
- Kurbo – Mobile Health Coaching Program*
- Omada – Weight-Loss Program for Prevention of Diabetes and Heart Disease*
- Sleepio – Digital Sleep Improvement Program*
- Webinar - Standing Tall for Life
  - Tue | Oct 29 | 12p
- Webinar - Creating a Culture of Psychological Safety in the Workplace
  - Wed | Nov 6 | 12p
- Webinar - Ancient Wisdom for the Modern World: The Yin and Yang of Women’s Hormones Perimenopause to Menopause
  - Thu | Nov 14 | 12p
- Webinar - Digital Wellness: Health Impacts of Wireless Technology
  - Tue | Nov 19 | 12p

**Health Enrichment**

- Traditional Oriental Medicine*
  - Sat | Oct 5 | 9a
- Tending Your Fall Garden*
  - Mon | Oct 7 – Oct 28 | 5:30p
- Hear Your Heart Speak with Embodied Storytelling*
  - Tue | Oct 8 – Nov 12 | 12p
- Sitting Comfortably at Your Computer Station - Group Introduction
  - Mon | Oct 14 | 3p
- Time Management for Less Stress and More Joy
  - Tue | Oct 15 – Oct 22 | 12p
- Oh, For a Good Night’s Sleep
  - Wed | Oct 16 – Oct 20 | 4:30p
- Ayurveda’s Algorithm: Nature’s Code
  - Sat | Oct 19 | 10a
- The Gokhale Method: No More Aches and Pains
  - Sun | Oct 20 | 8:30a
- Sat | Nov 2 | 8:30a
- Knowing and Using Your Strengths
  - Wed | Oct 23 | 12p
- Awaken Your Natural Voice
  - Wed | Oct 30 – Nov 20 | 12p
- Life’s Purpose Workshop*
  - Fri | Nov 1 – Nov 22 | 12p

**Personalized**

- Active Transportation Counseling™
- Equine-Imity
- Personalized Coaching to Improve Sleep
- Personalized Fitness Design
- Physician Health Coaching
- Personalized Mentoring for Weight Loss Behaviors
- Personalized Nutrition Coaching
- Personalized Stress Reduction
- Sit and Stand Comfortably at your Computer Station
- Smoking Cessation
- Wellness Coaching

**Nutrition & Weight**

- Weight Management: Starting the Journey*
  - Wed | Oct 16 – Dec 11 | 5:30p
- Healthy Meal Planning for Busy Families
  - Mon | Oct 21 | 12p
- Snacking Reinvented
  - Tue | Oct 29 | 12p
- Holiday Eating – Breaking the Cycle
  - Fri | Nov 8 | 12p
- Why Did I Eat That – Again?
  - Wed | Nov 13 | 12p

For complete class descriptions and registration information, visit hip.stanford.edu

Register at hip.stanford.edu. Registration begins Tuesday, Sep. 10, at 9 am. Most Healthy Living Classes are STAP/EA eligible. Schedule is subject to change.
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<tr>
<th>Date</th>
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<td>Tue</td>
<td>7p</td>
<td>Mindfulness-Based Stress Reduction (MBSR)* (Tuesdays</td>
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