Winter 2019 Healthy Living Classes At-A-Glance

CONTEMPLATIVE PRACTICES

*Experience Forgiveness: Sound Healing for the Heart
Tue • Feb 12 • 5:30p
**Intuitive Intelligence Meditation
Wed • Feb 6 – March 6 • 7p
**Mindfulness-Based Stress Reduction (MBSR)
Tue • Jan 15 – Feb 26 • 7p
Wed • Feb 6 – March 27 • 5:30p
**The Power of the Pause Meditation Retreat at Stanford
Sat • March 9 • 9:30a

Sound Immersion Experience — Gongs & Singing Bowls
Thu • Feb 28 • 5:30p
Thu • March 7 • 5:30p

ONLINE

Headspace — Meditation Made Simple
Rolling Start

STRESS & RESILIENCY

***Empathy and Respect in Action
Tue • Feb 5 – March 5 • 4:30p
Finding Inner Balance With Heartmath™
Mon • March 11 • 1:30p
**Life’s Purpose Workshop
Fri • Oct 5 – Nov 2 • 12p
* Loving An Addict While Loving Yourself:
A Facilitated Book Discussion
Wed • Jan 30 – Feb 6 • 12p
**Making Friends With Stress:
Maximizing Opportunities for Growth
Wed • May 5 – 26 • 12p
Martial Arts for the Mind
Fri • Feb 15 • 8:30a
**Wisdom Therapy: All You Need is Love and Wisdom
Sat • Feb 9 • 9a

PERSONALIZED OFFERINGS

Personalized Stress Reduction
Rolling Start – Appts TBD

HEALTH ENRICHMENT

Art of Aloha: Ho’oponopono Practice
Mon • Feb 4 • TBD
*Body Hacking: Exercise Physiology to Slow Aging
Thu • Feb 7 • 12p
**Creativity as Your Personal Well-Being Strategy
Tue/Thu • March 7 – 14 • 1:30p
Engage Your Playful Nature
Wed • Feb 20 – March 13 • 12p

Getting Older? Don’t Take it Sitting Down!
Wed • Feb 27 – March 6 • 12p
Foundations of Healing Touch Level 1
Sat/Sun • Jan 26 & 27 • 9a
Healing Touch Level 2
Sat/Sun • March 9 & 10 • 9a
*Manager As Wellness Advocate
Mon • March 4 • 1p
Partner Shiatsu for Neck and Shoulder Release
Thu • Feb 21 • 6:30p

**Spinefulness *Plus* Breathing Through the Spine
Wed • Feb 13 – March 13 • 12p
**Vitality 201: Finding and Sustaining Your Groove
Wed • Feb 12 – March 12 • 12p

ONLINE

**Sleepio – Digital Sleep Improvement Program
Rolling Start

*WEBINAR: Body Hacking: Exercise Physiology to Slow Aging
Thu • Feb 7 • 12p
*WEBINAR: The Unsung Longevity Factor of Social Connection
Tue • Feb 12 • 12p

PERSONALIZED OFFERINGS

*Physician Health Coaching

Sitting Comfortably at Your Computer Station
Wellness Coaching
Rolling Start – Appts TBD

Full class descriptions and REGISTRATION
hip.stanford.edu
Most Healthy Living Classes are STAP/EA funds eligible

NUTRITION & WEIGHT

A Plant Based Approach to Eating for Health & Beyond
Wed • March 6 • 12p
The Art of Snacking
Wed • Feb 27 • 12p
**Diets How To’s of Metabolic Homeostasis
Wed • Feb 12 – March 6 • 11:30a
**Weight Management: The Journey Continues
Mon • Feb 4 – March 11 • 5:30p

ONLINE

**Kurbo – Mobile Health Coaching Program
Rolling Start

PERSONALIZED OFFERINGS

Personalized Nutrition Coaching
Rolling Start – Appts TBD

PREVENTION/MEDICAL MANAGEMENT

CPR and AED
Thu • Feb 7 • 12:30p
Thu • March 7 • 1p
First Aid
Thu • Feb 28 • 12:30p

ONLINE

Check Up and Choices
**Omada — Weight-Loss Program for Prevention of Diabetes and Heart Disease
Rolling Start

*WEBINAR: Care and Nutrition for Your Eyes
Mon • March 11 • 12p

PERSONALIZED OFFERINGS

Smoking Cessation: Intentional Quitting
Rolling Start – Appts TBD

ENVIRONMENTAL HEALTH

**Climate Change: What You Can Do
Thu • Feb 21 – March 7 • 6:30p
Safe and Confident Winter Biking
Thu • Feb 7 • 5:30p

PERSONALIZED OFFERINGS

Active Transportation Counseling™
Rolling Start – Appts TBD