Winter Healthy Living Classes
January 13 – March 13

Online

Better Choices, Better Health
Check Up and Choices
Headspace – Meditation Made Simple
Kurbo – Simple “Traffic Light” Weight Loss Program*
Omada – Weight-Loss Program for Prevention of Diabetes and Heart Disease*
Sleepio – Digital Sleep Improvement Program*
Webinar: Beyond Diet – The Science of the Human Appetite
Wed | Jan 29 | 12p
Webinar: Managing Chronic Conditions with Self-Management Tools
Thu | Feb 6 | 12p
Webinar: Crafting a Life You Love
Tue | Feb 18 | 12p
Webinar: The Vaping Phenomenon
Tue | Feb 25 | 12p
Webinar: Loving Your Body While Striving for Change
Mon | Mar 9 | 12p

Health Enrichment

Spinefulness to Ease the Knees
Wed | Jan 22 – Feb 19 | 12:15p
Partner Shiatsu for Hands and Feet
Thu | Jan 23 | 6p
New Beginnings – Creating Healthy New Habits that Last
Mon | Feb 3 – Oct 22 | 12p
Manager as Wellness Advocate
Mon | Feb 3 | 2p
Creative Play
Wed | Feb 5 – Feb 12 | 12p
Knowing and Using Your Strengths
Mon | Feb 10 | 12p
Fun with Public Speaking
Wed | Feb 19 | 12p
Partner Shiatsu for Neck and Shoulder Release
Thu | Feb 20 | 6p
Knowing Ourselves – Exploring the Enneagram
Sat | Feb 22 | 10a
Healing Touch Course 2
Sat/Sun | Feb 22 – Feb 23 | 9a
How to Live Longer, Healthier, and Happier
Wed | Feb 26 – Mar 4 | 12p
Traditional Oriental Medicine – Self-Care Principles and Practices for Sleep, Headaches, and Digestive Issues*
Sat | Mar 7 | 9a

Nutritional & Weight

A Plant-Based Approach to Eating for Health and Beyond
Tue | Jan 21 | 12p
Diet How To’s of Metabolic Homeostasis*
Wed | Jan 29 – Feb 19 | 9a
Healthy Kitchen – The Mediterranean Way
Wed | Feb 5 | 12p
Wed | Feb 12 | 12p
Weight Management – The Journey Continues*
Wed | Feb 5 – Mar 11 | 5:30p
Building a Positive Relationship with Food
Thu | Mar 5 | 12p

Environmental Health

Recycling 201 – Which Bin Does This Go In?
Wed | Jan 22 | 12p
Safe and Confident Winter Biking
Wed | Feb 5 | 4:30p
Climate Change – What You Can Do
Wed | Feb 26 – Mar 11 | 6:30p

Contemplative Practices

Mindfulness-Based Stress Reduction (MBSR)*
Tue | Jan 14 – Mar 3 | 7p
Thu | Feb 6 – Mar 26 | 5:30p
5 Keys to a Happier Life
Fri | Jan 17 – Feb 14 | 11a
Sound Immersion Meditation
Mon | Feb 3 | 6:30p
Tue | Mar 10 | 6:00p
Breathwork for Self Mastery
Fri | Feb 7 | 2p
Power of the Pause Meditation Retreat
Sat | Mar 7 | 9a

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

* Denotes BeWell Engagement Class

Register at hip.stanford.edu.
Registration begins Wednesday, Jan. 8, at 9 am.
Most Healthy Living Classes are STAP/EA eligible.
Schedule is subject to change.
### January

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<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>14</td>
<td>Tue</td>
<td>7p</td>
<td>Mindfulness-Based Stress Reduction (MBSR)* (Tuesdays</td>
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<tr>
<td>17</td>
<td>Fri</td>
<td>11a</td>
<td>5 Keys to a Happier Life* (Fridays</td>
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<tr>
<td>21</td>
<td>Tue</td>
<td>12p</td>
<td>A Plant-Based Approach to Eating for Health and Beyond</td>
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<tr>
<td>22</td>
<td>Wed</td>
<td>12p</td>
<td>Recycling 201 – Which Bin Does This Go In?</td>
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<tr>
<td>22</td>
<td>Wed</td>
<td>12:15p</td>
<td>Spinefulness to Ease the Knees (Wednesdays</td>
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<tr>
<td>23</td>
<td>Thu</td>
<td>6p</td>
<td>Partner Shiatsu for Hands and Feet</td>
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<tr>
<td>29</td>
<td>Wed</td>
<td>12p</td>
<td>Webinar - Beyond Diet: The Science of the Human Appetite</td>
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<tr>
<td>29</td>
<td>Wed</td>
<td>9a</td>
<td>Diet How To’s of Metabolic Homeostasis – Balance Your Body through Basic Nutrition*</td>
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### February

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<tr>
<td>13</td>
<td>Thu</td>
<td>1p</td>
<td>CPR and AED</td>
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<tr>
<td>18</td>
<td>Tue</td>
<td>12p</td>
<td>Webinar: Crafting a Life You Love</td>
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<td>19</td>
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<td>8:30a</td>
<td>Martial Arts for the Mind – Stress and Resiliency Skills for the Workplace</td>
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<td>Fun with Public Speaking – How to Get From Terrified to Terrific (Wednesdays</td>
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<td>6p</td>
<td>Partner Shiatsu for Neck and Shoulder Release</td>
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<tr>
<td>22</td>
<td>Sat</td>
<td>10a</td>
<td>Knowing Ourselves – Exploring the Enneagram*</td>
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<td>22</td>
<td>Sat</td>
<td>9a</td>
<td>Healing Touch Course 2 – Energetic Patterning and Clinical Applications</td>
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<td>24</td>
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<td>25</td>
<td>Tue</td>
<td>12p</td>
<td>Webinar: The Vaping Phenomenon – What It Is, Why It Happened, and What We Can Do About It</td>
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<td>How to Live Longer, Healthier, and Happier (Wednesdays</td>
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<td>26</td>
<td>Wed</td>
<td>6:30p</td>
<td>Climate Change – What You Can Do* (Wednesdays</td>
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<tr>
<td>27</td>
<td>Thu</td>
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<td>First Aid</td>
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<td>Thu</td>
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<td>Building a Positive Relationship with Food – Breaking the Stress Eating Cycle</td>
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<tr>
<td>7</td>
<td>Sat</td>
<td>9a</td>
<td>The Power of the Pause Meditation Retreat at Stanford*</td>
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<tr>
<td>7</td>
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<td>9a</td>
<td>Traditional Oriental Medicine – Self-care Principles and Practices for Sleep, Headaches, and Digestive Issues*</td>
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<td>9</td>
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