Fall Healthy Living Classes
September 21-December 4

Nutrition & Weight

Building a Positive Relationship with Food*
Thu | Oct 22 - Nov 19 | 3p

Comfort Foods Made Healthier Virtual Cooking Series:
Class 1: Creamy Tomato Soup and Corn Bread
Mon | Sep 28 | 5p
Class 2: Mason Jar Salad
with Creamy Poppyseed Dressing
Mon | Oct 5 | 5p
Class 3: Double Chocolate Brownies and Ice Cream Pops
Mon | Oct 12 | 5p

Food Trends - The Evidence Behind Popular Foods and Diets
Thu | Oct 1 - 15 | 12p

Holiday Eating - Breaking the Cycle
Wed | Oct 28 | 12p

Protein Obsession – How Much Do We Need and Where Should We Get It From?
Tue | Oct 13 | 12p

Snacking Reinvented
Mon | Nov 16 | 12p

Weight Management – Starting the Journey*
Mon | Oct 19 – Nov 23 | 5p

Contemplative Practices

Meditation Toolkit – Prepare the Mind and Body for a Deeper Experience
Fri | Oct 2 – 9 | 12p

Meditations for Inner Peace and Sustained Resilience*
Fri | Oct 23 – Nov 13 | 12p

Mindfulness-Based Stress Reduction (MBSR)*
Tue | Sep 22 – Nov 10 | 7p

The Power of the Pause Meditation Retreat*
Sat/Sun | Oct 17 – 18 | 9a

Health Enrichment

Coming Back from Burnout – Re-Engage in Work and Life
Wed | Sep 30 | 12p

Create Your Own Home Workout – Strength Training 101
Fri | Oct 16 | 12p

Exercise-Related Injuries – Recovery and Prevention
Wed | Oct 14 | 12p

Mindfulness in Your Home Garden*
Wed | Sep 23 – Oct 14 | 5:30p

Reaching the Goals You Really Want
Mon | Oct 19 - 26 | 12p

Self-Empowerment Through Posture
Fri | Sep 25 | 12p

The Heroic Journey – A Creative Path for Personal Transformation*
Thu | Oct 1 | 5p

Traditional Oriental Medicine Level 2*
Mon-Fri | Oct 26 – 30 | 5:45p

Stress & Resiliency

Enhancing Resilience by Cultivating a Contemplative Lifestyle*
Mon | Sep 28 – Oct 12 | 12p

Fostering Kind and Compassionate Relationships During Times of Stress
Mon | Oct 19 | 3:30p

How to Regulate the Nervous System and Restore Healthy Sleep
Wed | Oct 7 | 12p

Navigating Behavior Change During COVID-19 – Moving Toward What Nourishes Us
Tue | Sep 29 | 12p

Relaxing Into Sleep
Tue | Oct 20 | 12p

Thriving Through Change
Thu | Oct 22 – 29 | 12p

Prevention/Medical Management

Cannabis and Youth
Wed | Oct 21 | 12p

Chronic Inflammation – Too Much of a Good Thing
Thu | Nov 5 | 12p

Happy Gut, Happy Life
Wed | Nov 11 – 18 | 12p

Reduce Your Cardiometabolic Risks with a Healthy Lifestyle
Wed | Nov 4 | 12p

Science-Based Strategies to Boost Your Immune System
Tue | Oct 6 | 12p

Apps

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*

Personalized

Coaching for Healthcare Clinicians
Personalized Fitness Design*
Personalized Mentoring for Weight Loss *
Personalized Nutrition*
Personalized Sleep Improvement*
Personalized Wellness*
Sit and Stand Comfortably at Your Computer Station
Smoking Cessation

* Denotes BeWell Engagement Class

All Fall Healthy Living Classes will take place online

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

Register at hip.stanford.edu. Registration begins Wednesday, Sep. 9, at 9 am. All Healthy Living Classes are STAP/EA eligible. Schedule is subject to change.
## September

<table>
<thead>
<tr>
<th>Date</th>
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<th>Event Description</th>
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<tbody>
<tr>
<td>22</td>
<td>Tue</td>
<td>7p</td>
<td>Mindfulness-Based Stress Reduction (MBSR)* (Tuesdays</td>
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<tr>
<td>23</td>
<td>Wed</td>
<td>5:30p</td>
<td>Mindfulness in Your Home Garden* (Wednesdays</td>
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<tr>
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<td>Fri</td>
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<td>Mon</td>
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<td>Enhancing Resilience by Cultivating a Contemplative Lifestyle* (Mondays</td>
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<tr>
<td>28</td>
<td>Mon</td>
<td>5p</td>
<td>Comfort Foods Made Healthier Virtual Cooking Class – Creamy Tomato Soup and Maple Brown-Butter Corn Bread</td>
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<tr>
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## October (continued)

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<tr>
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<td>Relaxing Into Sleep - How Our Days Affect Our Nights (Mondays</td>
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<td>Meditations for Inner Peace and Sustained Resilience* (Fridays</td>
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<tr>
<td>26</td>
<td>Mon-Fri</td>
<td>5:45p</td>
<td>Traditional Oriental Medicine Level 2 – Emotional Healing with Qigong and Acupressure* (Monday-Friday</td>
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