Spring Healthy Living Classes

March 30 – June 5

Contemplative Practices
Breathwork for Self Mastery
Tue | May 26 – June 2 | 12p
Intro to Yoga Nidra
Wed | May 20 | 12p
Living Mindful
Wed | April 15 | 5:30p
Mindfulness-Based Stress Reduction (MBSR)*
Tue | Mar 31 – May 19 | 7p
Unplug from a Busy Mind
Fri | April 17 – May 1 | 12p

Nutrition & Weight
Boost Your Metabolism
Thu | April 9 | 12p
Delicious and Planet-Friendly Food Choices
Wed | May 6 | 12p
Food for Thought
Thu | April 2 | 12p
Mindful Eating*
Wed | April 1 – 22 | 12p
Nutritional Strategies for Optimal Health*
Thu | May 7 – 28 | 11:30a
Sweet Rewards
Thu | April 16 | 12p

Prevention/Medical Management
Maintaining Healthy Eyes as You Age
Thu | April 30 | 12p

Environmental Health
Wireless Technology Promises and Perils
Tue | May 5 | 12p

Online Applications
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*

Health Enrichment
Better Aging at Any Age
Mon | May 18 | 12p
Creativity as Your Personal Well-Being Strategy*
Mon/Fri | May 4 – May 15 | 3p
Exercise Breaks to Improve Your Health Using the Gokhale Method
Wed | May 13 | 12p
Improve Your Experience of Working from Home Using the Gokhale Method
Mon | April 13 | 12p
Intro to Ayurveda
Mon | April 20 | 12p
Life on Purpose
Wed | April 8 | 12p
Life’s Purpose Workshop*
Fri | May 8 – 29 | 12p
Mental Health in the Workplace
Mon | May 4 | 12p
Partner Shiatsu for Hands and Feet
Mon | April 3 | 5:30p
Self-Shiatsu for Hands and Feet
Mon | May 18 | 5:30p
Time Management for Less Stress and More Joy
Tue | May 12 – 19 | 12p
Traditional Oriental Medicine Level 1*
Mon-Fri | June 1 – 5 | 6p

Stress & Resiliency
Creating a Culture of Psychological Safety in the Workplace
Wed | May 27 | 12p
Cultivating Your Inner Compass*
Thu | April 30 – May 21 | 5:30p
Finding Inner Balance with HeartMath
Tue | May 12 | 1:30p
How to Reduce Your Anxiety During the COVID-19 Pandemic
Fri | April 10 | 12:00p
Managing Stress in the Moment
Mon | May 11 | 3:30p

Personalized
Active Transportation Counseling™
Personalized Fitness Design*
Personalized Mentoring for Weight Loss Behaviors*
Personalized Nutrition*
Personalized Sleep Improvement*
Personalized Stress Reduction*
Personalized Wellness*
Physician Health Coaching
Smoking Cessation

All Spring Healthy Living Classes will take place online

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

* Denotes BeWell Engagement Class

Register at hip.stanford.edu. Registration begins Tuesday, March 17, at 9 am. Most Healthy Living Classes are STAP/EA eligible. Schedule is subject to change.
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