Health Enrichment

Create Your Own Home Workout
Tue | August 11 | 12p

Creativity as Your Personal Well-Being Strategy*
Mon/Fri | August 10 – 21 | 10a

Harness Your Positive Energy
Thu | July 16 | 12p

How to Thrive While Working Remotely
Mon | July 6 | 12p

Love (& Life) in the Time of COVID-19
Mon | June 22 | 12p

Move More, Sit Less
Tue | July 28 | 12p

Reaching the Goals You Really Want
Wed | July 8 – 15 | 12p

Spinefulness – Focus on Bones for More Strength, Mobility, and Flexibility
Thu | July 2 | 12p

Spinefulness – Summer Foundations Intensive
Mon-Thu | July 20 – 23 | 12p

Take Charge! Guided Advance Care Planning
Thu | July 16 – 23 | 4p

The Heroic Journey*
Tue | August 4 – 25 | 4:30p

Taking Control of Your Health in Uncertain Times*
Mon | July 27 – August 24 | 5p

Tiny Habits – The Small Changes that Change Everything
Thu | July 9 | 12p

Well-Being Before Work
Tue | July 14 | 12p

Wellness in Your Home Garden*
Mon | June 29 – July 20 | 5:30p

Contemplative Practices

5 Keys to a Happier Life*
Fri | July 17 - August 14 | 12p

Finding Freedom Where Fear and Courage Meet*
Thu | July 30 – August 27 | 4:15p

Living Mindfully
Tue | July 28 | 3:30p

Mindfulness-Based Stress Reduction (MBSR)*
Tue | June 23 – August 11 | 7p

Mindfulness-Based Stress Reduction (MBSR) Early Morning*
Tue | July 7 – August 25 | 6:30a

The Web of Well-Being*
Wed | July 8 – 29 | 5p

Nutrition & Weight

A Plant-Based Approach to Eating for Health and Beyond
Mon | August 17 | 12p

Are Your Genes to Blame When Your Jeans Don’t Fit?
Mon | June 29 | 12p

Boost Your Immunity Through Food
Wed | August 19 | 12p

Healthy Kitchen, Cooking Together – Create a Stress-Free Family Meal
Wed | August 5 | 4p
Wed | August 19 | 4p

Healthy Me, Healthy Body*
Thu | August 6 | 12p

Introduction to Mindful Eating
Tue | June 30 | 12p

Intuitive Eating – Making Peace with Food
Wed | July 29 – August 26 | 12p

Stress & Resiliency

Finding Inner Balance with HeartMath
Tue/Thu | August 18 – 20 | 11:30a

Give Up the Grudge – The Healing Power of Forgiveness*
Thu | July 9 – 30 | 6p

Overcoming Self-Judgement with Self-Compassion
Mon | July 13 | 12p

Sleep Your Way to Health and Happiness
Fri | July 10 | 12p

Prevention/Medical Management

Diabetes Prevention – How to Reduce Your Risk
Fri | August 21 | 12p

Improve Heart Health with a Cardiac Diet
Thu | July 30 | 12p

Summer Skin Care Primer
Tue | July 7 | 12p

Environmental Health

Climate Change – What You Can Do*
Wed | August 5 – 19 | 6:30p

Is an Electric Vehicle Right for You?
Wed | July 22 | 5:30p

Online 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

Active Transportation Counseling™

Coaching for Healthcare Clinicians

Personalized Fitness Design*

Personalized Mentoring for Weight Loss Behaviors*

Personalized Nutrition*

Personalized Sleep Improvement*

Personalized Stress Reduction*

Personalized Wellness*

Sit and Stand Comfortably at Your Computer Station

Smoking Cessation

* Denotes BeWell Engagement Class

All Summer 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 Tuesday, June 9, at 9 am. Most Healthy Living Classes are STAP/EA eligible. Schedule is subject to change.
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Class Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>22</td>
<td>Mon</td>
<td>Love (&amp; Life) in the Time of COVID-19</td>
</tr>
<tr>
<td>June</td>
<td>23</td>
<td>Tue</td>
<td>Mindfulness-Based Stress Reduction (MBSR)* (Tuesdays</td>
</tr>
<tr>
<td>June</td>
<td>29</td>
<td>Mon</td>
<td>Are Your Genes to Blame When Your Jeans Don’t Fit?</td>
</tr>
<tr>
<td>June</td>
<td>29</td>
<td>Tue</td>
<td>Wellness in Your Home Garden* (Monday</td>
</tr>
<tr>
<td>June</td>
<td>30</td>
<td>Tue</td>
<td>Introduction to Mindful Eating</td>
</tr>
<tr>
<td>July</td>
<td>2</td>
<td>Thu</td>
<td>Spinefulness – Focus on Bones for More Strength, Mobility, and Flexibility</td>
</tr>
<tr>
<td>July</td>
<td>6</td>
<td>Mon</td>
<td>How to Thrive While Working Remotely</td>
</tr>
<tr>
<td>July</td>
<td>7</td>
<td>Tue</td>
<td>Summer Skin Care Primer</td>
</tr>
<tr>
<td>July</td>
<td>7</td>
<td>Tue</td>
<td>Mindfulness-Based Stress Reduction (MBSR) Early Morning* (Tuesdays</td>
</tr>
<tr>
<td>July</td>
<td>8</td>
<td>Wed</td>
<td>Reaching the Goals You Really Want (Wednesdays</td>
</tr>
<tr>
<td>July</td>
<td>8</td>
<td>Wed</td>
<td>The Web of Well-Being* (Wednesdays</td>
</tr>
<tr>
<td>July</td>
<td>9</td>
<td>Thu</td>
<td>Tiny Habits – The Small Changes that Change Everything</td>
</tr>
<tr>
<td>July</td>
<td>9</td>
<td>Thu</td>
<td>Give Up the Grudge – The Healing Power of Forgiveness* (Thursdays</td>
</tr>
<tr>
<td>July</td>
<td>10</td>
<td>Fri</td>
<td>Sleep Your Way to Health and Happiness</td>
</tr>
<tr>
<td>July</td>
<td>13</td>
<td>Mon</td>
<td>Overcoming Self-Judgement with Self-Compassion – Lessons from the Emergency Department</td>
</tr>
<tr>
<td>July</td>
<td>14</td>
<td>Tue</td>
<td>Well-Being Before Work</td>
</tr>
<tr>
<td>July</td>
<td>16</td>
<td>Thu</td>
<td>Harness Your Positive Energy – Become a Positive Energizer</td>
</tr>
<tr>
<td>July</td>
<td>16</td>
<td>Thu</td>
<td>Take Charge! Guided Advance Care Planning (Thursdays</td>
</tr>
<tr>
<td>July</td>
<td>17</td>
<td>Fri</td>
<td>5 Keys to a Happier Life* (Fridays</td>
</tr>
<tr>
<td>July</td>
<td>20</td>
<td>Mon</td>
<td>Spinefulness – Summer Foundations Intensive (Monday – Thursday</td>
</tr>
<tr>
<td>July (continued)</td>
<td>22</td>
<td>Wed</td>
<td>Is an Electric Vehicle Right for You?</td>
</tr>
<tr>
<td>July (continued)</td>
<td>27</td>
<td>Mon</td>
<td>Taking Control of Your Health in Uncertain Times* (Mondays</td>
</tr>
<tr>
<td>July (continued)</td>
<td>28</td>
<td>Tue</td>
<td>Move More, Sit Less</td>
</tr>
<tr>
<td>July (continued)</td>
<td>29</td>
<td>Wed</td>
<td>Intuitive Eating - Making Peace with Food (Wednesdays</td>
</tr>
<tr>
<td>July (continued)</td>
<td>30</td>
<td>Thu</td>
<td>Improve Heart Health with a Cardiac Diet</td>
</tr>
<tr>
<td>July (continued)</td>
<td>30</td>
<td>Thu</td>
<td>Finding Freedom Where Fear and Courage Meet* (Thursdays</td>
</tr>
<tr>
<td>August</td>
<td>4</td>
<td>Tue</td>
<td>The Heroic Journey* (Tuesdays</td>
</tr>
<tr>
<td>August</td>
<td>5</td>
<td>Wed</td>
<td>Healthy Kitchen, Cooking Together – Create a Stress-Free Family Meal</td>
</tr>
<tr>
<td>August</td>
<td>5</td>
<td>Wed</td>
<td>Climate Change – What You Can Do* (Wednesdays</td>
</tr>
<tr>
<td>August</td>
<td>6</td>
<td>Thu</td>
<td>Healthy Me, Healthy Body* (Thursdays</td>
</tr>
<tr>
<td>August</td>
<td>10</td>
<td>Mon</td>
<td>Creativity as Your Personal Well-Being Strategy* (Mondays/Fridays</td>
</tr>
<tr>
<td>August</td>
<td>11</td>
<td>Tue</td>
<td>Create Your Own Home Workout</td>
</tr>
<tr>
<td>August</td>
<td>17</td>
<td>Mon</td>
<td>A Plant-Based Approach to Eating for Health and Beyond</td>
</tr>
<tr>
<td>August</td>
<td>18</td>
<td>Tue</td>
<td>Finding Inner Balance with HeartMath (Tuesday/Thursday</td>
</tr>
<tr>
<td>August</td>
<td>19</td>
<td>Wed</td>
<td>Boost Your Immunity Through Food</td>
</tr>
<tr>
<td>August</td>
<td>19</td>
<td>Wed</td>
<td>Healthy Kitchen, Cooking Together – Create a Stress-Free Family Meal</td>
</tr>
<tr>
<td>August</td>
<td>21</td>
<td>Fri</td>
<td>Diabetes Prevention – How to Reduce Your Risk</td>
</tr>
</tbody>
</table>

All Summer Healthy Living Classes will take place online.