

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 • 12P
- **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
TUE • FEB 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

*New Offerings

**BeWell Engagement

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 SUSTAINGING 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
- **DIET 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 OFFERING

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