CONTTEMPLATIVE 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 8 – 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 • Feb 1 – March 1 • 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 • 11:30p

**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

**Vitality 201: Finding and Sustaining 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

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 13 – 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

Full class descriptions and REGISTRATION

[hip.stanford.edu](http://hip.stanford.edu)

Most Healthy Living Classes are STAP/EA funds eligible