### 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 Poppysseed 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

- **The Science of Happiness**  
  Tue | Sep 29 – Oct 27 | 8a

- **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**

### Fall Healthy Living Classes

- **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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<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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<td>Fri</td>
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<td>Comfort Foods Made Healthier Virtual Cooking Class – Creamy Tomato Soup and Maple Brown-Butter Corn Bread</td>
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* Denotes BeWell Engagement Class

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