Healthy Living

Spring Class Schedule

March 30-June 05

hip.stanford.edu
HEALTHY LIVING CLASSES

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The HIP Office has moved!

New mailing address
Health Improvement Program
338 Arguello Way,
Stanford, CA 94305
MC: 6153
Three ways to pay:

- Credit card
- Check/Cash – If you pay by check, you are not confirmed, nor guaranteed a space in the class, until HIP receives payment. Cash and check payments for Healthy Living Program classes can now be sent to our new address (see adjacent page). If you plan to deliver your cash/check payment in person, or if you have questions about our satellite locations, please contact us at 650-723-9649 or healthimprovement@stanford.edu.

STAP Funds for University Staff

All Healthy Living classes that are approved for STAP reimbursement by the University Benefits Department have “STAP/EA Funds: Yes” next to the class fee in the brochure. You are eligible if you are a regular staff member working 50% time or more. It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

Educational Assistance (EA) Funds for Stanford HealthCare and LPCH Employees

Healthy Living classes that are approved for EA reimbursement will be indicated by “STAP/EA Funds: Yes” next to the class fee in the brochure. Register and pay for your class with a credit card or check and then process reimbursement with your HR manager after class completion. HIP will send a certificate of class completion upon request.

Refund Policy

- 24 hour advance cancellation notice is required for refund or credit, unless otherwise noted in class description.
- A $10.00 processing fee will be charged for credit card refunds.
- No credits or refunds will be issued for missed classes.
- HIP reserves the right to cancel a class when the minimum enrollment is not met (minimum variable by class). Refunds will be issued for cancelled classes.

Spring Into Wellness With BeWell

Earn up to $780 and get exclusive perks at bewell.stanford.edu

Take your SHALA to unlock incentives and exclusive perks, such as:

- Special rates on HIP and Rec fitness classes
- Free wellness workshops
- Free Stanford Athletics tickets
- Free personal training
- Free fitness assessment
Spring Engagement Classes

Would you like to take a deeper dive into a wellness topic and get paid for it?

This spring, HIP has 20 Healthy Living offerings that qualify for the highest BeWell Engagement incentive of $260. Topics range across the health categories so that you can find a learning experience most meaningful to you. Like all of HIP Healthy Living offerings, these programs draw from the sciences to provide the most effective and enjoyable approaches to well-being. Whether you choose an in-person class, online experience, or a program personalized especially for you, each is designed to educate and provide skills that support sustainable, health-enhancing behaviors.

All Engagement classes are STAP funds eligible. Participants must attend at least 80% of the class to receive the incentive.

In-Person Classes
- Creativity as Your Personal Well-Being Strategy (p. 10)
- Cultivating Your Inner Compass - Navigating the Road of Competing Values (p. 27)
- Equine-Imity - Stress Reduction in the Company of Horses (p. 28)
- Life's Purpose Workshop - Exploring Purpose for Health, Happiness, and Longevity (p. 12)
- Mindful Eating - Making Healthy Choices and Managing Weight by Eating with Intent (p. 20)
- Mindfulness-Based Stress Reduction (p. 6)
- Nutritional Strategies for Optimal Health (p. 20)
- The Power of the Pause Meditation Retreat at Stanford (p. 6)
- Traditional Oriental Medicine (p. 17)
- Wellness in the Garden (p. 18)

Online Classes
- Better Choices Better Health Digital Program for Health Conditions Self-management (p. 23)
- Omada™ Online Weight-Loss Program for Prevention of Diabetes & Heart Disease (p. 25)
- Kurbo – Simple “Traffic-light” Weight Loss Program (p. 19)
- Sleepio – Digital Sleep Improvement Program (p. 16)

Personalized Offerings
- Nutrition (p. 21)
- Mentoring for Weight Loss (p. 20)
- Fitness Design (p. 14)
- Sleep Improvement (p. 29)
- Stress Reduction (p. 29)
- Wellness (p. 14)

Find more information about BeWell Engagement incentives at bewell.stanford.edu
CONTEMPLATIVE PRACTICES

BREATHWORK FOR SELF MASTERY
From ancient times, traditions across all cultures have spoken of the breath as the key to mastery over our inner universe. In recent times, numerous scientific studies have shown how conscious breathing can influence one’s mental, emotional, and physical state and recommend it as a therapeutic practice for improved well-being. In this 2-hour class, we will focus on gaining a deeper understanding of our breath and the scientific principles of why and how conscious breathing affects the state of mind. We will discuss the mechanics of proper breathing through the conscious relaxation of the diaphragm.

Through guided exercises, we will learn to use our breath as a tool to relax at will and counteract stress. By tuning into the subtler flow of energy reflected in our breath (commonly referred to as prana, life force, or qi), we will learn to gain mastery over our reactive process and embody deep calmness under all circumstances.

Instructor: Saiganesh Sairaman is a certified teacher of meditation and yoga philosophy and is part of the teaching faculty at the Ananda center in Palo Alto. His experience with workplace stress as a management consultant and IT services manager at Fortune 500 companies led him to find creative ways of applying and sharing the teachings of yoga in scientific ways.

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<tbody>
<tr>
<td>TUE 6/2</td>
<td>12:00-200pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 308</td>
<td>$65 (STAP/EA: YES)</td>
<td>bsm-01</td>
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HEADSPACE – MEDITATION MADE SIMPLE
Brilliant things happen to calm minds. Meditation is a way to give your mind the time to pause, detach, and re-energize in order to manage stress, increase happiness, and boost focus for sustainable high performance.

Headspace is meditation made simple, teaching you the life-changing skills of meditation and mindfulness in just a few minutes a day. Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, reduce stress, and reduce mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. And meditation generally has evidence for improving sleep, anxiety, working memory, pain management, and other outcomes.

With this digital program's 1-year subscription, you’ll have access to every meditation and mindfulness exercise in the Headspace library as well as animated lessons that teach you how to use mindfulness to improve your overall sense of well-being. That means over 650 hours of unique, guided content. Lessons and exercises focus on topics such as pain management, relationships, and creativity and last anywhere from 2 to 60 minutes. Completing the basics series is recommended before progressing to other packs. The basics series gives you a solid base on which to build your practice.

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<tr>
<td>Rolling Start</td>
<td>Self-paced</td>
<td>$35 (STAP/EA: YES)</td>
<td>headspace-30</td>
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NEW | INTRO TO YOGA NIDRA – A GUIDED MEDITATION AND DEEP RESTORATION
Experience a profound state of awareness through the practice of Yoga Nidra. In this noontime class, you will be introduced to this ancient form of mindfulness meditation and experience its profound healing effects throughout the mind, body, and spirit.

Through a combination of lecture and guided practice, you will learn how to tap into your body’s own relax and restore response, the parasympathetic nervous system (PNS). The physiological benefits of activating the PNS include dilating blood vessels and slowing heart rate, dampening of the “fight or flight” hormones, a sense of deeper relaxation, and improved sleep. In this state, the body is able to do what it is wired to do: rejuvenate, repair, and restore at a cellular as well as emotional level.

Participants will lie comfortably on their backs during this guided practice. If coming to the floor is not available to you, chairs will be provided. Please bring a yoga mat and a small blanket or layers to cover your body. A pillow to support your head is recommended. No experience is necessary.

Instructor: Heather Ford, C-IAYT, is an Accessible Yoga Teacher Trainer and has been teaching yoga for more than a decade. She has designed and led yoga classes for the Stanford Graduate School of Business and currently teaches at Integral Yoga Institute San Francisco, Stanford Health Improvement Program, and privately.

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<tr>
<td>WED 5/20</td>
<td>12:00-130pm</td>
<td>Environmental Health &amp; Safety (EH&amp;S), El Capitan Conference Rm</td>
<td>$35 (STAP/EA: YES)</td>
<td>yn-01</td>
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CONTEMPLATIVE PRACTICES

NEW | LIVING MINDFULLY – CRAFTING A MINDFULNESS PRACTICE THAT WORKS FOR YOUR LIFE

The benefits of mindfulness do not have to come from sitting in silence on a mat. Through practice and intention, embodied mindful moments can happen anywhere and in many different ways. In this evening workshop, you will explore different mindful meditation experiences while sitting, walking, and doing, so that you can expand your ideas of how to be mindful. Invitations to include the body, sensation, movement, and even emotion into your experience will help you to see what resonates for you. You will practice three variations of simple mindfulness exercises and choose two practices that you can do at home each day. By the end of the class, you will be able to identify what is a good fit for you and your life at this moment and gain the skills you need to be able to bring this important practice for well-being into your life.

Presenter: Melissa Fritchle, LMFT, is a writer, workshop leader, certified mindfulness meditation teacher, and licensed marriage and family therapist. An award-winning educator, she has a vibrant private practice in Santa Cruz, CA, and travels internationally to speak and teach about positive self-awareness and body love.

Presenters:

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<tr>
<td>WED</td>
<td>4/15</td>
<td>5:30-7:30pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 205/206</td>
<td>$70 ( stap/ea: yes)</td>
<td>LM-01</td>
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MINDFULNESS-BASED STRESS REDUCTION (MBSR)

It has been known for centuries in the meditative traditions, and now widely accepted in Western culture, that the sustained practice of mindfulness meditation can have profoundly healing and transformative effects on one’s life. This 8-week class is modeled on the program taught at the UMass Stress Reduction Clinic and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life and how life can be lived more fully. Included in the class fee is access to recorded guided meditations and the course text Full Catastrophe Living by Jon Kabat-Zinn.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Instructor: Mark Abramson, DDS, is the founder and facilitator of the Mindfulness-Based Stress Reduction programs at Stanford. He has practiced dentistry in the Bay Area for more than 30 years, specializing in the treatment of chronic pain and temporomandibular disorders.

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<tr>
<td>TUE</td>
<td>3/31-5/19</td>
<td>7:00-9:30pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 120</td>
<td>$330 ( stap/ea: yes)</td>
<td>msm-01</td>
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<tr>
<td>NOTE: Retreat on Saturday, May 9, from 9:00am-5:00pm in Li Ka Shing, Rm 101/102.</td>
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THE POWER OF THE PAUSE MEDITATION RETREAT AT STANFORD

For thousands of years, people have taken contemplative retreats from one’s normal life, for the purpose of cultivating resilience and equanimity, while deepening meaning, compassion, and wisdom. This Saturday immersion retreat offers you the experience of listening deeply to your body, spirit, and mind while being guided by an experienced teacher in a beautiful setting. Within the nourishing atmosphere and beauty of Stanford’s campus, a combination of teaching, practice, and reflection provides a transformative learning experience.

Join us for contemplative practice and walks among Stanford’s natural beauty and art, supported by evidence-based contemplative teachings. Careful guidance is offered in several practices including ones that facilitate focused attention, embodiment, breath awareness, mindfulness, emotion regulation, values alignment, reflective insight, awe, self-compassion and loving kindness. This retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities on campus along with guidance on how to continue the “power of the pause” in your daily life. Participants will receive the Breathing for Longevity Love and Livelihood CD as part of the course.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Instructor: Tia Rich, PhD, is the founder and director of Contemplation by Design. She has been integrating contemplative practice into resilience, stress management, and career training programs and academic classes at Stanford University and Medical Center since 1984.

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<tr>
<td>SAT</td>
<td>4/25</td>
<td>9:00am-5:00pm</td>
<td>Stanford Main Quad, Bldg. 530, Rm 127 and Bldg. 200, Rm 202</td>
<td>$225 ( stap/ea: yes)</td>
<td>popmr-01</td>
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CONTEMPLATIVE PRACTICES

NEW | UNPLUG FROM A BUSY MIND TO REPLENISH WITH DEEP INNER PEACE

Our minds are considered to be our most valuable asset, but when incessant thinking, daydreaming, or random thoughts distract us, our own mind can become a barrier to deep peace. Research has shown meditation to be effective for stress reduction, emotional self-regulation, improved quality of life, sleep, and behavior change, among other physical and psychological benefits.

This three-part meditation course teaches you the fundamentals of meditation, so that you can learn to unplug from the stresses of a busy mind, transform emotional reactivity, and connect with a personal sanctuary of inner calm. You will be guided through three of the most universal meditation techniques, including breathing mindfully, witnessing the mind, and body mindfulness to support you in cultivating a rewarding meditation practice. When practiced regularly, the results of increased awareness can become integrated into your everyday life, easing symptoms of a negative mind, enabling you to think more clearly and creatively, and allowing you to rest when it is time to replenish.

Instructor: Tarika Lovegarden is the author of Meditations on the Fridge. Born into a family of meditators and trained by pre-eminent meditation leaders, she carries forth her lineage teaching individuals and at organizations including Stanford, Oracle, eBay, and Genentech.

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<tr>
<td>FRI</td>
<td>4/3-4/17</td>
<td>12:00-1:30pm</td>
<td>Kingscote Gardens, Rm 140</td>
<td>$200</td>
<td>ubm-01</td>
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YOUR UPCOMING BEWELL EVENTS

Visit bewell.stanford.edu to see more Stanford wellness events.

01. WELLNESS FAIR (MAIN CAMPUS)
THURSDAY, MARCH 15, 10:30 A.M.
ARRILLAGA CENTER FOR SPORTS AND RECREATION

02. WELLNESS FAIR (SRWC)
THURSDAY, APRIL 16, 1:00 A.M.
RECREATION & WELLNESS CENTER

03. CARDINAL WALK (MAIN CAMPUS)
THURSDAY, MAY 28, 11:15 A.M.
ARRILLAGA CENTER FOR SPORTS AND RECREATION

04. CARDINAL WALK (SRWC)
THURSDAY, JUNE 25, 11:15 A.M.
CARDINAL SQUARE
NEW | WIRELESS TECHNOLOGY PROMISES AND PERILS
While the use of wireless devices has skyrocketed, there have been more questions than answers raised about associated mental health, physical health, environmental, privacy, and security issues of this new technology. While there are conflicting opinions, there is credible research that underscores the need for precaution. In this noontime lecture, you will learn scientific research regarding wireless technologies and their effects on biological systems as well as the psychosocial aspects of digital addictions and how digital technology and excessive screen time can have physiological and psychological effects on children and adults. You will walk away with effective measures that can be used to reduce your exposure to wireless radiofrequency radiation in the home as well as tools to tame technology addictions at home. A resource list will be provided, including precautionary advice from sources such as the California Department of Health and the American Academy of Pediatrics.

Instructor: Cindy Russell, MD, is the executive director of Physicians for Safe Technology and has been part of the Santa Clara County Medical Association for more than 25 years. She became interested in public health and prevention strategies while treating breast cancer patients over the last 30 years.

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<tr>
<td>TUE</td>
<td>5/5</td>
<td>12:00-1:00pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 203/204</td>
<td>$35 (STAR/EA: YES)</td>
<td>wtpp-01</td>
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IS AN ELECTRIC VEHICLE RIGHT FOR YOU?
Are you considering leasing or buying an electric vehicle (EV) and want real information versus a sales pitch? Come hear from local, long-time EV drivers and experts on their experiences. Get your questions answered on the difference between all-electric and plug-in hybrid EVs; EV charging at home, work, and in public spaces; range anxiety concerns; battery longevity; buying vs. leasing; and the environmental, economic, and personal benefits of EV adoption.

As a bonus, before class begins there will be a number of EVs to explore inside and out.

NOTE: This class qualifies for the Cardinal Green financial incentive. Details at sustainable.stanford.edu/my-cardinal-green.

Instructors: Jim Barbera is a systems engineer at ChargePoint, the nation’s largest charging company. He is versed in all aspects of EV life, including leasing, buying, charging, maintenance, and installing charging stations and solar panels. He is now an experienced EV driver (95,000 electric miles) and has driven nearly all makes and models of EVs. Jane Rosten, MSW, LCSW, is the environmental behavior change program manager for the Stanford Health Improvement Program. She initiated HIP’s electric vehicle classes in 2015 when she became the happy owner of an EV.

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<tr>
<td>THU</td>
<td>5/28</td>
<td>5:30-7:30pm</td>
<td>1070 Arastradero Road, Rm 202 A/B</td>
<td>$35 (STAR/EA: NO)</td>
<td>ecars-01</td>
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ACTIVE TRANSPORTATION COUNSELING™
Learn to gradually expand your non-auto transportation without aiming for perfection. Talk with an experienced health behavior counselor to set goals and overcome barriers that stand between your good intentions and a more eco-friendly lifestyle. Even trying once a month can be a good start. In addition to environmental and economic benefits, active transportation provides great health advantages such as increased exercise and stress reduction. For Stanford employees, there will be support for accessing Commute Club opportunities, if desired.

The program consists of one 15-minute initial call, followed by two 30-minute sessions by phone or one 1-hour session in person. You will be contacted within 5 business days of registration to schedule an appointment.

Instructor: Jane Rosten, MSW, LCSW, is the environmental behavior change program manager for the Stanford Health Improvement Program.

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<tr>
<td>TUE-FRI</td>
<td>12:00-5:00pm</td>
<td>In person or by phone</td>
<td>$100 (STAR/EA: YES)</td>
<td>atc-04</td>
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NEW | WEBINAR: BETTER AGING AT ANY AGE

No matter what decade of life we are in, we all want to look better and feel healthier. Fortunately, there are scientifically proven steps you can take right now to improve the way you age at a cellular level. Join this noontime webinar to unlock the latest scientific research on telomeres – the end caps on our DNA which protect it and keep it thriving and dividing. Simple, practical explanations of the latest studies will reveal how our individual lifestyle choices impact the health of our telomeres and our corresponding “healthspan.”

You’ll learn why telomeres don’t care what you weigh but hate yo-yo dieting; why they love fish; why they crave 7-8 hours of sleep a night; and how they know when you’re stressed out. Walk away with an action plan to improve the way you age moving forward, no matter how old you are today.

Instructor: Sally Duplantier is the founder of Zing, a company that helps people improve their Healthspan – the number of years in which they are healthy, active and mentally sharp. She has a certificate in nutrition science from Stanford Medical School and is studying the science of aging at USC, where she is working on a masters in gerontology.

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<tr>
<td>MON</td>
<td>5/18</td>
<td>12:00-100pm</td>
<td>At your computer/device</td>
<td>$35</td>
<td>baaa-30</td>
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CREATIVITY AS YOUR PERSONAL WELL-BEING STRATEGY
Are you expressing your creativity to the fullest? Do you greet each day with exuberance, joy, and love for your work? Do you make time to nurture yourself and your highest aspiration for living? Do you have an unfulfilled need to be creative again or to experiment with new creative forms?

We all need creativity to solve problems, start important projects, repair relationship challenges, help others in need, and simply to be the fullest expression of ourselves. Thanks to significant research in disease prevention, longevity, and optimal health and well-being, we now know that creativity is great for our mental, emotional, physical, and spiritual health. Finding our creative flow in artistic or other soul-satisfying endeavors makes our immune system stronger, our cardiovascular system more efficient, and our cognitive function sharper and clearer.

In this 3-session course (one 3.5-hour session, followed by two 75-minute sessions), you will be immersed in exploring your own creativity through music, art, dance, creative writing, and photography. You will learn hands-on through a creative project of your choosing, integrating the 5 catalysts of mindfulness, movement, nature, playfulness, and artistic expression to keep creativity alive as your personal well-being strategy.

Each participant will receive a thumb drive containing an audio series of guided meditations, a 19-slide inspiration slide show, a video mini-documentary of the What Makes Your Heart Sing project, and 2 articles on creativity.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Instructor: Bruce Cryer is the founder of Renaissance Human, former CEO of HeartMath, an executive coach and mentor. He has taught at Stanford in the Health Improvement Program and the Graduate School of Business since 1997.

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<tr>
<td>MON</td>
<td>5/4</td>
<td>1:30-5:00pm</td>
<td>Stanford Redwood City (SRWC) Cardinal Hall, Rm 145</td>
<td>$250 (stap/ea: yes)</td>
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<td>&amp; FRI</td>
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<td>Stanford Redwood City (SRWC) Cardinal Hall, Rm 145</td>
<td>$250 (stap/ea: yes)</td>
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THE GOKHALE METHOD – NO MORE ACHES AND PAINS
Improving posture and movement is one of the simplest and most powerful ways of reducing pain, elevating mood, and improving performance. The Gokhale Method uses personalized coaching and cutting-edge technology to transform the way you sit, stand, walk, and exercise. You will use the recently invented Gokhale Spine Tracker™ wearable to get a real-time read of the shape of your spine as you learn improved ways to be in your body. Attain a new level of wellness and enjoy a fascinating journey into the anthropology, history, and anatomy of human structure and movement.

The workshop is taught by two qualified Gokhale Method teachers and capped at 20 students, allowing for lots of hands-on guidance and individualized feedback. Each participant receives a private online follow-up session with a qualified Gokhale Method teacher, a PDF copy of Gokhale’s 8 Steps to a Pain-Free Back, a streamable version of Back Pain: The Primal Posture Solution, and a Stretchsit® cushion.

Class format: 3 hour morning instruction, a bring-your-own-lunch discussion hour, 3 hour afternoon instruction.

Instructors: Esther Gokhale is the creator of the Gokhale Method and the author of 8 Steps to a Pain-Free Back. She studied biochemistry at Harvard and Princeton, and acupuncture at the San Francisco School of Oriental Medicine.

Kathleen O’Donohue is a qualified Gokhale Method teacher. Trained as a primary care physician assistant, she has studied and practiced health and wellness for decades, with a focus on women’s healthcare, elder care, and community health education.

Two dates to choose from:

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<tr>
<th>Day</th>
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<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>SUN</td>
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<td>9:30am-4:30pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 308</td>
<td>$495 (stap/ea: yes)</td>
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<td>SAT</td>
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<td>Li Ka Shing Center for Learning and Knowledge, Rm 308</td>
<td>$495 (stap/ea: yes)</td>
<td>gokn-01</td>
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</table>
HEALTH ENRICHMENT

HEALING TOUCH CERTIFICATE PROGRAM COURSE 3 – ADVANCED HEALER PREPARATION

Healing Touch is a complementary, energy-based approach to health and healing that uses heart-centered, gentle, non-invasive techniques to clear, balance, and align the human energy system. The goal of Healing Touch is to restore harmony and balance in the energy system, placing the client in the position to self-heal. Course 3 provides in-depth skills in Healing Touch, explores development of higher sense perception, sequencing of healing techniques, working with guidance, self-healing, and self-development. Course 3 prerequisite: Healing Touch courses 1 and 2. NOTE: This class provides 17.5 continuing education contact hours for nurses and massage therapists.

Instructors: Sue Kagel, RN BSN HNB-BC CHTP/I, has been in nursing for over 30 years. She teaches and presents Healing Touch internationally while maintaining a Healing Touch practice with a holistic approach in Tucson, Arizona. She provided Healing Touch for many years at Canyon Ranch and is currently on faculty with Andrew Weil’s Program at the Arizona Center of Integrative Medicine at the University of Arizona, teaching Healing Touch and energy therapy. Sue is co-author of an NIH research grant using Healing Touch in the NICU. Elizabeth Helms, RN, BSN, MATP, is a Certified Healing Touch Practitioner and Instructor. She has been teaching Healing Touch since 2006 in the San Francisco Bay Area, Monterey Bay Area, Grass Valley and most recently in Calaveras County where she lives and has a private practice.

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NEW | WEBINAR: INTRO TO AYURVEDA

Ayurveda is the traditional, ancient Indian system of health science. Its name literally means “the science of life.” The Ayurvedic method of healthcare emphasizes a holistic view of health. This 5,000-year-old science focuses on harmonizing the body with nature through diet and lifestyle including yoga, meditation, and exercise. In this noontime webinar, you will get an introduction to Ayurveda that will include its history, philosophy, basic building blocks, and daily routines you can implement. The practice of Ayurveda, when brought into your life, will bring you closer to health and well-being.

Instructor: Geetanjali Chakraborty is a NAMA-Certified Ayurveda Practitioner and an independent Ayurveda consultant with a practice in the Bay Area. She has taught workshops and led panels on Ayurveda both nationally and internationally. She was the dean of Ayurveda studies at Vedika Global and led Vedika’s donation-based Ayurveda food and lifestyle clinic serving more than 300 clients. She has a master’s in biochemistry from Georgetown University.

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KNOWING AND USING YOUR STRENGTHS

This course is designed to help you focus on your unique talents that can be developed into true strengths. According to the Gallup Organization, individuals who use their talents and strengths each day are six times more likely to be engaged in their work, their careers, and their lives. We each have talents, and when we honor the talents in ourselves and in others, we can create a powerful and positive work environment.

During this facilitated noontime course, you will see new ways to view yourself and your co-workers. You will learn the difference between talents and strengths, identify ways to develop your talents into strengths, and find ways to use your talents each day and support others to do the same.

Please note that the course fee includes a $20 non-refundable code for the Clifton StrengthsFinder assessment. Participants will be sent the code and link to the assessment after registering and are asked to complete this 35-minute online assessment prior to class. The tool identifies your top 5 talents from the list of 34 potential strengths. Please bring this list to class.

Instructor: Patty Purpur de Vries, MS, is the director of strategy, outreach and innovation for Stanford’s BeWell Programs and an ambassador for the Stanford Medicine WellMD Center.

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NEW | WEBINAR: LIFE ON PURPOSE – HOW LIVING FOR WHAT MATTERS MOST CHANGES EVERYTHING

Who are you at your best? Research shows that having a strong sense of purpose, especially one that's bigger than yourself, has a positive impact on your health, well-being, and quality of life. Over 200 scientific studies on purpose show that purposeful people enjoy longer lives, stronger relationships, increased energy, better sleep, more resilience in the face of stress and change, lower risk of heart disease, stroke, depression, and Alzheimer’s, and a greater ability to make positive changes in their lives.

In this noontime webinar, you will discover the health and well-being benefits of having a strong sense of purpose, identify your own values, and explore a model for value-based behavior change that will allow you to live with greater purpose.

Instructor: Victor J. Strecher, PhD, MPH, has been a leader and visionary in the fields of health and well-being for more than two decades, creating new solutions that operate at the intersection of the science of behavior change and advanced technology. He is a professor at the University of Michigan’s School of Public Health and Director for Innovation and Social Entrepreneurship, founder and CEO of Kumanu, and author of two books on purpose.

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<td>At your computer/device</td>
<td>$35</td>
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</table>

LIFE’S PURPOSE WORKSHOP – EXPLORING PURPOSE FOR HEALTH, HAPPINESS, AND LONGEVITY

Do you ever feel a need for greater professional or personal fulfillment? In the past few decades, studies on longevity have shown that people who live a “purpose-driven life” not only find more meaning and fulfillment, but are also healthier and happier. In this 4-session engagement workshop, we will take a methodological approach to understanding the importance of purpose, finding your purpose, and putting it in the driver’s seat for living a healthier and more fulfilled life.

Join us, as we:

- Identify the health benefits of having purpose in life (reduced anxiety, better sleep, lower mortality to name a few),
- Recognize and prioritize our values,
- Define the positive impact of value-based behaviors on health,
- Uncover our personal passion and talents/gifts through reflection, worksheets, and guided discussion,
- Align our values, passions, and gifts with purpose.

By the end of class, you will have developed your own Purpose Statement and be ready to implement a plan of action for living a healthy, more purpose-driven life.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Instructor: Jayna Rogers, MPH, is a certified wellness coach for the Health Improvement Program and manages BeWell Workshops for the Stanford employee incentive program. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management and smoking cessation.

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NEW | WEBINAR: MENTAL HEALTH IN THE WORKPLACE
Managing mental health on the job is challenging for most people. There’s a myriad of reasons why: stigma, unsupportive managers or coworkers, lack of resources, or lack of knowledge about the signs of mental distress, to name just a few things. Combined, these factors can limit an employee’s capacity to thrive in the workplace, practice help seeking behaviors, and exercise self-care when needed.

This noontime webinar provides a mini-training to help foster a workplace environment that is supportive of mental health. You will learn the definition of mental illness, US prevalence rates and statistics on mental health generally and in the workplace, and how mental distress can show up in the workplace and impact employees. Walk away with a 5-step action plan for responding to a mental health crisis in the workplace and four proactive things that can be done to support mental health at work.

Instructor: Shanna B. Tiayon, PhD, is a writer, speaker, and trainer working in the area of well-being. Currently she combines her academic and corporate experience assisting professionals with personal well-being as an integral part of their career strategy and helping organizations develop diagnostic tools, systems, and training programs that foster employee well-being.

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PARTNER SHIATSU
Shiatsu is a Japanese form of energy/bodywork using the thumbs, fingers, palms, and elbows to apply pressure to the acupuncture meridians of the body. The pressure relieves stress by dissipating muscle tension and allowing the flow of energy through the body. The repetitive stresses of work are calmed and eliminated, increasing productivity and health. In this academic and experiential class, you will work in pairs while seated, practicing the principles of good alignment as you work. The receiver and the practitioner will both benefit from the focusing of energy and intention. Please bring a partner (for free) as well as a yoga mat.

Instructor: Lisa Burnett, MA, MFA, has been practicing Shiatsu since 1988, and teaching Pilates since 1995.

Two classes to choose from:

NECK & SHOULDER RELEASE: Learn bodywork techniques for the neck, upper back, and shoulders.

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HANDS & FEET: Learn bodywork techniques to apply to overworked hands and feet for relief and relaxation.

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<th>LOCATION</th>
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</table>
PERSONALIZED FITNESS DESIGN

This 3-session individualized program is designed for those who would like guidance and/or support to begin, sustain, or ramp up their exercise endeavors. Whether you'd like to start a walking program, improve your cardiovascular function, body composition, flexibility, or just explore new ways to get active, these 11 sessions with an experienced exercise physiologist and wellness coach will help you to create a safe, fun, and effective plan of action. Meeting three times in a supportive and non-judgmental space, you will be able to set goals, review progress, explore challenges, and refine your plan to make physical activity a rewarding and core component of your healthy lifestyle. This is a non gym-based program focused on empowering individuals to become self-managers of their health. Please note: The first session is 1-hour followed by two 45 minute sessions.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Coach: Ashley Gephart, MA, brings 10+ years of experience in health and wellness promotion as a health educator, lifestyle coach, and fitness professional. She is a firm believer that small steps add up to big successes, and she finds great joy in partnering with people on the journey to unlock full potential and achieve goals.

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<tr>
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Coach: Cecille Tabernero, MS, CPT, EP-C, is a certified ACSM exercise physiologist and health screening manager for the BeWell program. She has over 20 years of experience in the field of exercise physiology, physical training, health, and wellness. She believes in meeting people where they are in order to build a foundation and establish rewarding and sustainable healthy habits.

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<td>In person/phone</td>
<td>$275 (stat/ea yes)</td>
<td>pfd-04a</td>
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</table>

PERSONALIZED WELLNESS

Are you eager to make lasting change in an important area of your well-being? Tired of using quick-fix solutions that only add up to temporary change?

Wellness coaching is for individuals who have an interest in making broader life changes. During these 5 wellness coaching sessions, you will work one-on-one with an experienced coach who will support you in uncovering your motivations and leveraging your strengths to reach personal goals and sustain healthy behaviors. Your coach will partner with you as you set clear and attainable goals in each session and help you navigate the path to success. The first session is a 1-hour conversation, followed by 4 subsequent 15-30 minute conversations.

While participants are welcome to work on making changes to their eating and/or stress management behaviors during the course of wellness coaching, wellness coaches might not be content experts in these areas. If you are interested in specific diet or stress management advice, please consider registering for Personalized Nutrition or Personal Stress Reduction, respectively.

Please read our coaches’ biographies carefully before registering, as each of them brings a unique set of specializations and experience and differs in their availability. You will be contacted within 5 business days of registration to schedule an appointment.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Julie Anderson, MPH, has been with Stanford’s Health Improvement Program since 1991. She is the manager of the BeWell Wellness Profile Program. Julie has a BS in health fitness, a master’s in public health, a wellness coaching certification through Wellcoaches® and is a National Board Certified Health & Wellness Coach. Julie works with individuals in the areas of weight management, healthy eating and exercise, and other areas to create sustainable behavior change. As a working mom in her early 50s, Julie knows what it’s like to juggle work, marriage, parenting a young child, and prioritizing wellness.

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Debbie Balfanz, PhD, is the group behavior change program manager for the Health Improvement Program and has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002. As a working mom, she understands the realities of trying to fit in physical activity and healthy eating while living a busy life. She enjoys helping others identify and manage their barriers to a healthy lifestyle.

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PERSONALIZED WELLNESS continued

Elizabeth Buckley Skolnik is a National Board Certified Health & Wellness Coach (NBC-HWC) and a Certified Professional Co-Active Coach (CPCC). She works with individuals wishing to make lasting behavior change in stress management, wellness, emotional regulation, and living a more balanced life. She brings her experience to the Stanford BeWell Program and the Health Improvement Program, meeting you with compassion, non-judgment, and insight.

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Jayna Rogers, MPH, is a certified wellness coach for the Health Improvement Program and manages BeWell Workshops for the Stanford employee incentive program. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management and smoking cessation.

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NEW | REACHING THE GOALS YOU REALLY WANT – BARRIERS, BOOSTERS, AND BABY STEPS

Sometimes it can feel so challenging to make any progress on your goals. The intention is there, but distractions, obligations, doubts, and even your fears can get in the way. If you feel stuck in reaching your goal and are ready to break free, then this class is for you! In this 2-session workshop, you will learn proven ways to get beyond frustrations, guilt, and that familiar feeling of being squeezed. We will explore ways to clear your vision and move forward. Through reflection and group discussions, you will develop practical and achievable ways to get over those pesky barriers and pave the way for success. Come with one or two concrete goals that you are ready to tackle and leave with a roadmap to progress.

Instructor: Linda Clever, MD, is a Stanford graduate, former associate dean of alumni affairs of the Stanford School of Medicine, a clinical professor of medicine at UCSF, and a member of the National Academy of Medicine of the National Academy of Sciences. She founded the non-profit RENEW and is author of The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life.

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<thead>
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<td>Li Ka Shing Center for Learning and Knowledge, Rm 308</td>
<td>$70</td>
<td>bbb-01</td>
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NEW | RESTORE HEALTHY PELVIC FLOOR FUNCTION USING THE FELDENKRAIS METHOD®

Although rarely talked about, the pelvic floor is an important part of the body and should not be ignored. It is essentially a web of muscles, ligaments, connective tissue, and nerves that supports vital organs including the bladder, bowel, and uterus. Weakening of these muscles from childbirth, heavy lifting, chronic coughing, and other stressors can cause loss of bladder or bowel control, increased risk of prolapse, pain, and other disorders. According to a recent study funded by NIH, one-fourth of women suffer from pelvic floor disorders, and this condition can impact men as well.

In this 2-part class, you will learn the basic anatomy of the pelvic floor and improve your awareness of habitual tension patterns which may contribute to pain and dysfunction. Through a combination of lecture and the experiential movement sequences of the Feldenkrais Method, you will gain practical skills that improve coordination between movements of all parts of the body, including the pelvic floor, which can improve symptoms of incontinence and decrease back and pelvic pain. You will walk away with awareness and movement sequences that can be incorporated into your daily life to improve pelvic floor health.

Please bring a mat and a folded towel to support your head during floor work. Dress in comfortable layers that will not restrict your movements while lying down and sitting.

Instructor: Jean Elvin, MFA, GCFP, is a Guild Certified Feldenkrais Practitioner, with special training for repetitive strain, back, neck, and shoulder issues as well as professional ergonomic experience. She has a cooperative relationship with Stanford Ergonomics and the Department of Environmental Health & Safety.

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<th>Location</th>
<th>Fee</th>
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<tbody>
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<td>3:00-4:15pm</td>
<td>Environmental Health &amp; Safety (EH&amp;S), El Capitan Conf Rm</td>
<td>$80</td>
<td>pff-01</td>
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</table>
SIT AND STAND COMFORTABLY AT YOUR COMPUTER STATION – INDIVIDUAL SESSIONS

Even with appropriately fitting equipment, the way you use your workstation can make all the difference. In either 1 session or 3 sessions that take place at your workstation, this individualized offering provides a body-centered approach to optimize your actions while working and to reduce sources of tension and pain. You will receive customized instruction to help alleviate pain in your neck, shoulders, back, and arms, and prevent injury and reverse bad habits before they become chronic. Take the guesswork out of working comfortably. Improve habits and learn to make small adjustments to commonly used actions at your desk while sitting and standing. Sessions take place in person at your workstation. Participants with offices more than 10 miles from main campus may request to arrange sessions via video chat. Please allow 2 weeks for instructor to contact you.

Instructor: Jean Elvin, MFA, GCFP, is a Guild Certified Feldenkrais Practitioner, with special training for repetitive strain, back, neck, and shoulder issues as well as professional ergonomic experience. She has a cooperative relationship with Stanford Ergonomics and the Department of Environmental Health & Safety.

Two options to choose from:

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<th>Days</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
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<td>One session</td>
<td>TUE/THU/FRI appointments</td>
<td>Your workstation</td>
<td>$125 (STAP/EA YES)</td>
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<tr>
<td>Three sessions</td>
<td>TUE/THU/FRI appointments</td>
<td>Your workstation</td>
<td>$350 (STAP/EA YES)</td>
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SLEEPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM

Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked with 7 of the 15 leading causes of death in the United States, including heart disease, cancer, and stroke. Sleepio is a digital sleep improvement program, scientifically proven to work. Over several weeks, you’ll learn evidence-based techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the “racing mind,” and to overcome the worry and other negative emotions that accompany the experience of being unable to sleep.

The program consists of automated weekly sessions of about 15 minutes each, which you can view whenever is convenient for you on your computer, tablet, or phone. You’ll also gain access to a library of articles and guides which cover common problem areas, like pregnancy and sleep, shift work, and jet lag. Discover your Sleep Score for free at sleepio.com/stanford.

NOTE: This class qualifies for a 2020 BeWell Engagement incentive

Instructor: Sleepio’s virtual sleep expert, The Prof, will guide you through the program. The Prof will help you get your sleep back on track by providing techniques tailored to your specific problems and progress.

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</table>

SPINEFULNESS PLUS FOCUS ON HIPS AND LOWER BACK

Do your hips bother you? Do you have low back pain? Maybe you have both? If you have tight quadriceps or hamstrings, these are clues that your hip sockets are calling out for attention. In this 4-session course, you will learn specific guidelines to align your hip socket naturally and allow your lower back to find comforting relief. Even if you don’t have hip or back pain, but know that it runs in your family, this class will give you a toolbox of preventative skills to keep your hips and back healthy and pain free. After all, “an ounce of prevention is worth a pound of cure.”

Instructor: Jenn Sherer, BS, was freed from her chronic shoulder, neck, knee, bunion, and back pain by the skills and techniques she learned in Spinefulness. She now champions these skills in her studio in Palo Alto, teaching this practical, non-invasive way to resolve muscular skeletal pains and increase overall wellness.

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</table>
TIME MANAGEMENT FOR LESS STRESS AND MORE JOY

Whether it’s trying to get to the gym, preparing and eating more vegetables, or doing the important things that add value to your life, too often our good intentions get thwarted by time. The shorter we feel on time, the more stressed and anxious we feel.

In this 2-session class, we will come together to share the challenges we face in connection with stress and time. You will learn about recent research findings on stress and time management, review relevant books, and create a “time diary.” Within a small collaborative community, you will learn to rethink time management and to create a new approach, one with less stress and greater margins for joy.

Instructor: Laura Becker-Lewke, LLB, MBA, is a lawyer, businesswoman, mother of four children, and longterm caregiver for her mother who experienced a life-changing stroke. Laura is now a BeWell coach at Stanford and development professional with Hope Unlimited for Children. She is an experienced facilitator of small groups of many types and proponent of learning interactively and collaboratively.

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TRADITIONAL ORIENTAL MEDICINE LEVEL 1

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Traditional Chinese Medicine (TCM), is a 5-session engagement class in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body. You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement.

At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands.

NOTE: This class qualifies for a 2020 BeWell Engagement incentive

Instructor: Luca Moschini, Dipl. ABT (Asian Bodywork Therapy), is the founder and head instructor of Dashen® Foundation of acupressure and qigong training. He has a private practice in Mountain View, CA, and is a former faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose.

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NEW | USE IT OR LOSE IT – HOW DANCING MAKES YOU SMARTER

Most people know that dancing can be a lot of fun and great exercise. But did you know that it has also been scientifically proven to make you smarter? A 21-year study funded by the National Institute on Aging found that, of all of the physical and mental activities examined, dancing offered the greatest protection against dementia. Frequent dancing resulted in a 76% risk reduction, the largest of any activity studied, cognitive or physical.

This noontime lecture will explore the many ramifications of these findings. You will learn theories of why dancing improves cognition and protects against dementia, what kinds of dancing are most beneficial for the mind, and who benefits more, men or women. You will also discover how dancing can lead to stress reduction, lower anxiety, and a greater sense of well-being. Walk away with an understanding of how bringing this fun-filled activity into your life today can result in a sharp mind and healthy body for years to come.

Instructor: Richard Powers has taught the social dance classes for Stanford’s Department of Theater and Performance Studies for 28 years. His writings on the cognitive benefits of dance have been translated into eight languages, including Russian and Farsi.

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HEALTH ENRICHMENT

WELLNESS IN THE GARDEN

This class is co-sponsored with the School of Earth, Energy & Environmental Sciences.

When we care for our gardens, we’re also caring for ourselves, getting exercise, growing healthy food, and spending time outside. The rhythms of the garden can also facilitate mindfulness and contemplation and offer opportunities to engage with nature in positive and rejuvenating ways.

Join us in this 4-session class at the O’Donohue Family Stanford Educational Farm, where we will consider the connections between gardening and wellness, explore practices that enhance mind, body, and garden health, and get our hands in the soil. You will gain a basic understanding of and introductory experience with a range of gardening principles and practices and will come away with tools for engaging in physical and mental wellness practices in the garden and beyond.

NOTE: This class qualifies for a 2020 BeWell Engagement incentive

Instructor: Anna Lee is a PhD student in the Emmett Interdisciplinary Program in Environment and Resources (E-IPER). She is a master composter for San Mateo County and holds an advanced certificate in ecological horticulture from the Center for Agroecology and Sustainable Food Systems at UC Santa Cruz and an MS in agroecology from UW-Madison.

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NUTRITION & WEIGHT

BOOST YOUR METABOLISM

Do you want to rev up your metabolism and burn more calories around the clock? There are certain things about your metabolism you cannot control, like gender, age, and genetics. However, there are definite things that you can control, such as when and how you exercise, how much you eat, and when and what you eat. There is also new information on the timing of your meals and how that effects your metabolism. Bring a calculator and learn how to estimate your own basal metabolic rate.

In this popular class, you will learn ways to encourage your body to burn calories, rather than storing them as fat. We will also discuss the current thinking on the pros and cons on the importance of your Body Mass Index (BMI).

Instructor: Joyce Hanna, MA, MS, worked at the Health Improvement Program for almost 30 years, where she recently retired as the associate director of HIP. She was founder and co-director of the Living Strong Living Well program for cancer survivors. She is an exercise physiologist, nutritionist, and behavioral health consultant.

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NEW | WEBINAR: FOOD FOR THOUGHT – PERFORMANCE NUTRITION FOR ENHANCED COGNITION
The food we eat has an impact not only on our bodies, but also on our brains and cognition. Recent evidence indicates that certain nutritional strategies can mitigate fatigue, increase attention and memory, defend against mental deterioration, and improve our cognitive performance. Join us for this noontime webinar to discover the current evidence and nutritional strategies that can improve your cognitive performance.

You will learn about the acute effects of food on cognition, five strategies to improve our cognitive performance, and ways to choose meals and snacks at work to increase alertness and combat daytime sleepiness.

Instructor: Maryam Hamidi, PhD, is a member of the Stanford Medicine WellMD and WellPhD Center team and leads initiatives at that promote personal well-being, self-care, and a culture of wellness at Stanford Medicine. She is an expert in nutrition and behavioral medicine, with current work on reducing fatigue and improving mood and cognitive performance of professionals with high cognitive demands.

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NEW | HEALTHY KITCHEN – DELICIOUS AND PLANET-FRIENDLY FOOD CHOICES
The food we eat can have a powerful impact on global climate change. Studies have shown that nearly a quarter of all planet-warming greenhouse gas emissions come from food production and associated land-use change, and a recent UN report describes plant-based diets as a major opportunity for mitigating climate change. If you are interested in shifting to a more planet-friendly diet, but don’t know where to start or are seeking new ideas and inspiration, this class is for you.

The good news is that planet-friendly is also a healthy diet. Planet-friendly food choices can be delicious, easy-to-prepare, nutritious, and appealing, so you can help the planet without sacrificing health, flavor, or convenience. Even small changes can have big impacts over time. In the first session, you will learn about the links between diet and climate change and how food choices can make a profound impact on the planet. The second session will provide practical ways to prepare tasty, planet-friendly foods and help you incorporate these foods into your daily life in a gentle, user-friendly way, including easy-to-use recipes and tastings.

Instructors: Jane Rosten, MSW, LCSW, is manager of the environmental behavior change program for the Stanford Health Improvement Program. Rosalyne Tu, MS, RDN, has been working as a dietitian for the past 15 years and is currently a manager for the BeWell Wellness Profile and HIP nutrition programs. Soowon Kim, PhD, MS, ACC, is a nutrition epidemiologist, a certified coach, and manager of LeadWell training for the Stanford Health Improvement Program.

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KURBO – SIMPLE ‘TRAFFIC-LIGHT’ WEIGHT LOSS PROGRAM
Kurbo is a 12-week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthier, exercise more, and manage weight. Rather than focus on calorie counting, Kurbo utilizes the proven “Traffic Light” food classification system to help you understand food choices, find healthy substitutions, and gradually decrease the number of red lights (unhealthy foods) over time.

The Kurbo curriculum is based on proven behavior modification strategies for weight management and the research-based concept of supportive accountability, which is the belief that participant success and adherence is greatly improved through a support network of family and friends. In this program, your personal behavior coach will keep you accountable and motivated with weekly check-ins via video chat or phone.

You will learn simple behavior modification strategies and tools such as goal setting to help you reach your health goals. Between coaching sessions, you will track your food and exercise behaviors in the app and have access to learning materials like videos, cookbooks, and shopping lists to keep you motivated and on track. Lessons cover topics such as reading a food label, understanding portion size, meal planning, exercise strategies, and tips for eating out.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

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MINDFUL EATING – MAKING HEALTHY CHOICES AND MANAGING WEIGHT BY EATING WITH INTENT

Mindful Eating is an awareness practice that helps you choose nutritious foods and manage your weight by learning to recognize and respect the hunger and satisfaction cues emanating from the body, not the mind.

In this 4-week class, we will practice mindful eating together, and you will receive information about how to choose food that is both pleasing and nourishing, how to feel satisfied after meals, and how mindful eating, once internalized, can shift your relationship with food forever. Learn again the joy of healthy eating and regain the pleasure of enjoying every meal.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

Instructor: Patty McLucas is the founder of Mindful Wellness Group and has more than 20 years of experience as a wellness consultant. She currently teaches classes in mindfulness for Stanford’s Cancer Supportive Care Program and the Health Improvement Program and has taught for other organizations including Apple and Google.

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NEW | NUTRITIONAL STRATEGIES FOR OPTIMAL HEALTH

Most people know that diet is an important part of our physical health, but new research shows that nutrition can also affect us in novel and surprising ways. Take a deep dive into the latest research on nutritional strategies in this 4-session engagement class.

You will learn about the emerging field of chrono-nutrition – how the time, frequency, and regularity of eating can affect health – and explore the link between what we eat and how we feel. You will also discover the associations between our eating habits, sleep, and pain, and review the pros and cons of some popular diets such as keto and intermittent fasting. By the end of this workshop, you will have a greater understanding of how nutrition affects many elements of your personal health and a strategy to optimize your diet for enhanced well-being.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

Instructor: Maryam Hamidi, PhD, is a member of the Stanford Medicine WellMD and WellPhD Center team and leads initiatives that promote personal well-being, self-care, and a culture of wellness at Stanford Medicine. She is an expert in nutrition and behavioral medicine, with current work on reducing fatigue and improving mood and cognitive performance of professionals with high cognitive demands.

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PERSONALIZED MENTORING FOR WEIGHT LOSS BEHAVIORS

You’ve successfully begun your healthy eating journey. Now you need to deepen your practice to maintain your success. In this 3-session program, with a mentor by your side, you can increase your existing skills, learn new ones, and enjoy the support of an advocate to turn to when you run into inevitable challenges. Practice new behaviors together, get introduced to new strategies, and experience the many benefits of a personal mentor cheering you on your way. Program note: The first session is one hour followed by two 45-minute sessions.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Mentor: Linda Adler, MPH, MA, is the founder and CEO of Pathfinders Medical, as well as the principal at Linda Adler Consulting. A former Stanford student and health policy researcher, she found success with her own weight management issues through the Health Improvement Program weight management class. She is excited to share both her personal experience and professional coaching and mentoring background to help others achieve their goals.

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PERSONALIZED NUTRITION

Here is an opportunity to sit down with an experienced nutrition coach in a comfortable, non-judgemental setting to explore your individual nutrition needs, challenges, and goals. In 3 sessions, your coach will partner with you to develop and implement a realistic eating plan that will reenergize your pathway to well-being.

Our nutrition coaches are diversely qualified and have unique areas of specialization. Please read the instructor bios to select a coach that suits your personal interests and needs. Please note: The first session is 1 hour, followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Joanne Ambras is a Certified Nutrition Educator and Wellness Coach. She has extensive experience helping people reach their goals as part of the BeWell team, her own private nutrition practice, and at a Silicon Valley Fortune 50 company. Joanne is excited to work with people who are interested in incorporating more plant-based food choices, as well as those who want to optimize their current vegetarian or vegan eating style.

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Christina Becker, MPH, RDN, NBC-HCW, is a public health nutritionist and integrative wellness coach. Christina has over 14 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, corporate wellness, and has also served as a BeWell coach. Christina is a graduate of the Integrative Health & Lifestyle program (IHeLp) at the Arizona Center for Integrative Medicine. Christina provides guidance on a variety of nutrition topics including healthy and mindful eating, weight management, heart disease, diabetes, GI conditions, and nutrition for athletic performance. She also enjoys helping healthy individuals boost energy levels and improve overall well-being. Christina will support you with a compassionate and caring approach and get you from *I should* to *I want and will* and, ultimately *I do.*

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Nicole Cooper, ATC, RDN, NASM-CPT, has over 15 years of experience working in dietetics, personal training, and corporate wellness. Nicole provides guidance on a variety of nutrition topics including weight management, heart disease, sports nutrition, and diabetes. She enjoys helping others start with small steps to create lasting change. She will help tap into what motivates you and guide you to a successful outcome.

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Shauna Hyde, RD, CDE, CPT, is a certified diabetes educator and personal trainer with over 15 years of experience. She specializes in diabetes prevention and management, cholesterol management, weight loss, and blood pressure control. She has worked at the Stanford Prevention Research Center and the Palo Alto Medical Foundation on a number of research projects, primarily providing lifestyle and cardiovascular risk factor reduction education to study participants. Shauna can help you improve your diet with simple, realistic modifications. Healthy meal preparation, grocery shopping, eating out, and physical activity are all topics that she can help you improve. Shauna is also an exercise enthusiast and loves hiking, jogging, yoga, and kick-boxing.

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Rosalyne Tu, MS, RDN, has been working as a dietitian for the past 15 years. She is trained on the topic of eating competence and is on a quest to counter the dieting pressures of our culture and help you find a guilt and deprivation-free way of eating that feeds the mind, body, and spirit. She has a weight-neutral approach and can help guide you towards trusting your body to know how much to eat.

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We offer a variety of classes to meet your needs, including:

- StrengthFinder®
- Psychological Safety
- Positivity in the Workplace
- Team Mission and Values
- The Heroic Journey
- Thriving Through Change
- Promoting Wellness in the Workplace
- Moving More at Work

For more information or to schedule a session, please contact Linda at: wellatwork@stanford.edu
**CHECKUP & CHOICES – CONFIDENTIAL DIGITAL PROGRAM FOR DRINKING AND DRUG USE**

CheckUp & Choices (C&C) is a confidential, online program for people concerned or wondering about their drinking and drug use. It is empirically supported; randomized clinical trials have demonstrated significant and sustained reductions in drinking. You will learn scientifically proven skills that help you live a healthier life with fewer alcohol-related problems.

The CheckUp is a 45-minute brief intervention that gives you objective, non-judgmental feedback about your drinking. The CheckUp can be used as a stand-alone intervention or as a jump start to the Choices modules. The Choices modules are based on cognitive behavioral therapy (CBT) techniques that help you achieve your goal of moderation or abstinence. Tools such as drink trackers, urge trackers, guided emails, and text reminders keep you engaged and on track. You can access your online account from any smartphone, tablet, or desktop, so support is always within reach while keeping your data 100% private. C&C also offers abstinence programs for opioids, marijuana, and stimulants. Learn more at checkupandchoices.com/suhip/

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CPR & AED
CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents and also learn the Heimlich maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Certificate of completion cards will be sent out 3-4 weeks after the class.

Two dates to choose from:

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FIRST AID
This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how these medical techniques can be performed with minimal equipment. Certificate of completion cards will be sent out 3-4 weeks after the class.

Two dates to choose from:

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NEW | WEBINAR: COVID-19 – LESSONS FROM THE SARS PANDEMIC TO PREPARE INDIVIDUALLY AND COLLECTIVELY
The COVID-19 outbreak is front page news and has been declared a public health emergency of international concern by the World Health Organization. This is not the first time we have faced a global threat from a coronavirus. What can we learn from past outbreaks to help prepare for COVID-19?

In this noontime webinar, you will revisit the 2002-2003 SARS pandemic and explore similarities and differences between that crisis and the current outbreak. You will learn how the SARS virus compares with COVID-19 in incubation and transmission period, virulence, symptoms and complications, and how health officials worldwide are handling the COVID-19 outbreak in comparison to SARS.

In addition, you will discover details on COVID-19, dispel myths and rumors circulating about the virus, understand how the disease is diagnosed and treated, and learn steps we can take both individually and collectively to avoid exposure and illness.

Instructor: **Yann A. Meunier**, MD was formerly the director of international corporate affairs and business development for Stanford Hospital and Clinics and was the director of the Stanford Health Promotion Network. He is experienced in infectious disease and has taught classes on epidemics including SARS, H1N1 (swine flu), and the seasonal flu.

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NEW | WEBINAR: MAINTAINING HEALTHY EYES AS YOU AGE

Every day, nearly every waking second, we depend on our eyes. As we age, we may experience changes in our eye health and vision, from the expected loss of near focusing known as presbyopia to more serious conditions such as cataracts, macular degeneration, glaucoma, and diabetic retinopathy. Maintaining the health of our eyes as we age is critical to our overall well-being.

Join us for this noon hour webinar to discover helpful medical and alternative methods for protecting your eyes, lowering your risk of age-related vision problems and eye disease, or slowing their progression if you already are already experiencing changes.

You will learn the physiology of healthy vision and the changes that can lead to common age-related vision problems or eye diseases, the effects of UV and blue light on our eyes and how they can be risk factors for certain eye diseases, and ways to protect against eye diseases by medical, environmental, and nutritional methods.

Instructors: Neda Moshasha, OD, has practiced primary care optometry for over 18 years. She received specialized training in glaucoma at Berkeley School of Optometry. Dr. Moshasha is founder and owner of HMB Optometry Family Eye Care in Half Moon Bay, CA. She takes a preventative approach when it comes to the eye diseases caused by aging and environmental factors. Tina Han, OD, has been a practicing optometrist for over 15 years. She received her optometry degree from UC Berkeley School of Optometry and is glaucoma certified. She works with Dr. Moshasha as an associate optometrist at HMB Optometry.

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OMADA – ONLINE WEIGHT-LOSS PROGRAM FOR PREVENTION OF DIABETES AND HEART DISEASE

Join this online health program to lose weight, develop healthy habits, and reduce your risk for chronic diseases like type 2 diabetes and heart disease. Omada is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. You can participate via your computer, tablet, or smartphone, whenever it’s most convenient for you.

Omada is clinically supported and grounded in behavior science. You’ll learn new strategies related to nutrition and physical activity and daily challenges that will help you create a sustainable, healthy approach for the long term. Based on what you learn, you’ll set and meet personal and group health goals. The average participant loses 11 lbs in 16 weeks. Register anytime and begin the program within 2 weeks of your registration date.

NOTE: This class qualifies for the 2020 BeWell Engagement Incentive

Instructor: A professionally trained Omada health coach will facilitate your small online group and provide 1:1 guidance, encouragement, and accountability throughout the program.

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<td>Rolling start</td>
<td>Self-paced 16 weeks, with maintenance up to a year</td>
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SMOKING CESSATION – INTENTIONAL QUITTING

Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from nicotine. The Stanford Health Improvement Program is offering this FREE smoking cessation program for benefits-eligible Stanford University employees along with their families and dependents (14 years and older). Free, over-the-counter aids for nicotine cessation are included.

This program begins with an initial 20-minute intake phone call followed by one 60-minute consultation. Following the in-depth consultation, the instructor and the participant move forward with sessions that support the process of letting go of smoking. Participants typically find that 10 sessions over one year are helpful to support the quitting process. Sessions are available Wed-Fri by phone, video chat, or in-person.

Instructor: Jayna Rogers, MPH, is a smoking cessation specialist for Stanford’s Health Improvement Program and has facilitated smoking cessation programs and provided individual consultation for more than 20 years.

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<td>$0</td>
<td>sciq-04</td>
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<tr>
<td>12 Sessions: Stanford retirees and community</td>
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What motivates you to get out of bed in the morning?

Is it simply to get through another day, or do you have a higher sense of purpose, a strong WHY, guiding you in your life?

Hundreds of scientific studies have shown the many positive impacts that purpose can bring to health and well-being. These include longer lives, stronger relationships, increased energy, better sleep, and more resilience in the face of stress and change. In addition, purposeful people have a lower risk of heart disease, stroke, depression, and Alzheimer’s and demonstrate a greater ability to make positive change in their lives.

But how do you find your true sense of purpose?

Research by Dr. Brené Brown has shown that identifying your core values is an important part in finding your WHY. Stress and anxiety in our lives can arise when our values are in conflict with our work, family, and community.

In her book, Dare to Lead, Brown challenges her readers to examine a list of values such as authenticity, courage, fun, and self-discipline, and choose two, and only two, that truly embody their core beliefs. Although choosing just two values can feel almost impossible, Brown’s research has found that people who showed the most willingness to be courageous and vulnerable also were able to identify just one or two core values. In addition, simply the process of winnowing your value list down to two makes you really understand what is important to you and why.

Once you have identified your WHY, you will be able to use this clear sense of purpose as a compass to guide you throughout your life and enjoy a greater sense of well-being as you bring more aspects of your life into alignment with your authentic self.

Stanford has a legacy of contribution to the greater good, whether it is finding cures to disease, caring for patients, teaching the next generation of leaders, or nurturing art, literature, and debate. Every staff member at Stanford contributes to these significant and meaningful goals.

How does your work at Stanford align with your core values and your sense of purpose?

SPRING HEALTHY LIVING CLASSES ON PURPOSE:

NEW WEBINAR: LIFE ON PURPOSE, PG. 12
LIFE’S PURPOSE WORKSHOP, PG. 12
REACHING THE GOALS YOU REALLY WANT, PG. 15
CULTIVATING YOUR INNER COMPASS, PG. 27
CREATING A CULTURE OF PSYCHOLOGICAL SAFETY IN THE WORKPLACE

How psychologically safe is your workplace? Do people feel comfortable speaking up in team meetings, asking questions, making mistakes, or expressing a dissenting view? Psychological safety is the shared belief among team members that the team is safe for interpersonal risk taking. Project Aristotle, a research initiative conducted by Google, studied the effectiveness of teams across the organization. After analyzing data from many angles, it zeroed in on psychological safety, more than anything else, as the key to team effectiveness and performance. How do you develop and nurture this critical condition in the workplace?

In this noontime class, you will learn how you can help create a psychologically safe work environment. We will look at research by Amy Edmonson, Barbara Fredrickson, Carol Dweck, and others to tap into their best practices for a more positive work culture. You will walk away with practical tips for increasing positivity and psychological safety in your organization and your home life.

Instructor: Patty Purpur de Vries, MS, is the director of strategy, outreach and innovation for Stanford’s BeWell Programs and an ambassador for the Stanford Medicine WellMD Center.

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NEW | CULTIVATING YOUR INNER COMPASS – NAVIGATING THE ROAD OF COMPETING VALUES

Every day we are faced with pressure from the world around us to make certain decisions and act in certain ways. Sometimes these expectations from others can lead us along a path that is in conflict with our core values, and we may find ourselves living a life that feels out of step with the person we know we really are.

We all have an inner compass, that intrinsic sense of knowing what is right for us beyond the constant mind noise, social pressures, and emotional triggers. By tuning in to this inner guide, we can connect to the deeper parts of our innate intelligence to align with our values, convictions, purpose, and sense of truth.

Come explore how to foster, cultivate, cherish, and gain guidance from your inner compass. In this 4-week engagement class, you will discover tools and practice exercises that will empower you to make more meaningful and informed choices that are aligned with your personal values, desires, and needs. Learn how to identify what intrinsically gives you direction and gain the skills you need to make meaningful, productive decisions.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

Instructor: Dominique Del Chiaro, MEd, is the senior program manager for the Health Improvement Program Healthy Living classes, a seasoned educator, transpersonal life coach, and dance and fitness instructor and has facilitated wellness courses for more than 25 years.

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EQUINE-IMITY – STRESS REDUCTION IN THE COMPANY OF HORSES

Do you wonder what it means to be “healthy as a horse?” This 4-week course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply stress relief techniques. Horses help us develop these skills through their magnificent strength, grace, and reading of body language. They teach us to use all our senses plus breath and movement to release stress, heal, and invigorate the body.

Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of tai chi and qigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or “of the body” learning, in combination with daily practices offered in class, will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition. The course includes 4 class sessions plus 1 individual private session. No horse experience needed.

NOTE: This class qualifies for the 2020 BeWell Engagement Incentive

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EQUINE-IMITY – SOMATIC HORSEMANSHIP 1-HOUR INDIVIDUAL SESSIONS

Whether you have taken the 4-week Equine-imity course and want to add an additional session or just wish to experience this program privately, this individual session provides a unique opportunity for stress reduction and emotional self-regulation.

These 1-hour individual sessions are conducted with one or more gentle, sociable horses at a beautiful ranch 10 minutes from campus. Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. All activities are conducted on the ground with the herd or a single selected horse. There is an option for a mounted meditation ride after completing one ground session. (A ranch surcharge applies, not covered by STAP.) No horse experience needed. Handbook included. You will be contacted within 5 business days of registration to schedule an appointment.

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<td>Webb Ranch, 2720 Alpine Road, Portola Valley</td>
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Instructor: Beverley Kane, MD, is an integrative medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. For the 4-week class, she will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.

FINDING INNER BALANCE WITH HEARTMATH™ – TOOLS AND TECHNOLOGY TO REDUCE STRESS AND ADD HEART TO YOUR LIFE

Stress doesn’t have to age you too fast and ruin your quality of life. In this half-day workshop, you will learn the tools to prevent, neutralize, and recover from stress so you have youthful energy and vitality again. The secret to the HeartMath program is discovering the direct communication between heart and brain and learning how to leverage that system for maximum performance, emotional balance, mental function, and well-being. This fun, interactive, science-based program teaches you techniques you can immediately apply to increase focus and energy, improve sleep, and reduce the symptoms of stress and anxiety.

An exciting feature of the program is learning how to use the Inner Balance system from HeartMath, an innovative app-based biometric device that will help you manage the overwhelm of stress in real time. This technology, together with behavioral techniques learned in the workshop, is designed to enhance your ability to self-regulate emotions and physiological responses so you are able to choose how you feel independent of what’s happening around you. HeartMath serves hundreds of organizations worldwide, including Stanford University, Kaiser Permanente, NASA, Yosemite National Park, the World Bank, and the Mayo Clinic.

NOTE: Each participant will receive an app-based sensor device called the Inner Balance Bluetooth sensor for Android and iPhone. The sensor works on Apple iOS v9 and newer or Android V5 and newer. Before you come to class, you will want to download the free Inner Balance App from the App Store for iOS, Google Play for Android, or Amazon for Kindle Fire.

Instructor: Bruce Cryer is the former CEO of HeartMath, executive coach and mentor, and a former singer, actor, and dancer on Broadway. He has taught at Stanford’s Health Improvement Program and the Graduate School of Business since 1997.

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MANAGING STRESS IN THE MOMENT
Have you ever wished that you had responded differently to a difficult situation? Does the stress from your work, family, or commute impact your behavior and affect those around you? Stress cannot be avoided, yet by learning the many ways our body reacts physiologically to stressful situations, we can better modulate our responses. We all know that exercise, meditation, or spending time with loved ones can be effective for reducing stress. Yet often, when we feel anxious or stressed, it may not be an ideal time to go for a run or do yoga. In this afternoon class, you will learn new ways to handle stress in the moment. This class will give you the tools to notice your stress response, immediately decrease the intensity and duration of your stress, and move swiftly out of stress and into actionable resolve. You will learn the physiological and psychological symptoms of stress, techniques for unhooking from endless rumination and worry, and a method for intentionally changing your mindset from self judgement to creative problem solving.

Instructor: Elizabeth Skolnik, CPCC, NBC-HWC-Certified Professional Co-Active Coach, and National Board Certified Health & Wellness Coach, is an experienced wellness coach with the Stanford BeWell Program, Health Improvement Program, and WellMD Program. With a long career in corporate leadership development, she is passionate about helping individuals make lasting behavior changes in the areas of health, wellness, and emotional regulation.

PERSONALIZED SLEEP IMPROVEMENT
Are you getting 7 hours or less sleep per night? Do you have difficulty falling asleep, or do you wake in the night and can’t get back to sleep? Learn how simple shifts in your nighttime routine, creating an optimal nighttime environment, and alleviating stress during the day can produce dramatic improvements in the duration and quality of sleep. Three personalized sessions offer individualized support for discussion and the practice of stress reduction techniques. Guided recordings for relaxing into sleep will be supplied.

PERSONALIZED STRESS REDUCTION
This 3-session personalized program is designed for people who would like to understand and learn ways to better manage the stress in their lives. Whether stress manifests as anxiety, depression, or physical agitation or illness, mindfulness practice can lead to a reduction in symptoms and an increase in quality of life. With 1:1 support in a comfortable, individualized setting, you will practice mindfulness techniques and learn strategies such as breath awareness, meditation, body scan, and gentle yoga. We will practice awareness of automatic thoughts, reframing, and connecting to the values informing the life you want to live.

NOTE: These classes qualify for the 2020 BeWell Engagement incentive.

Instructor: Patty McLucas is the founder of Mindful Wellness and has more than 20 years of experience as a wellness consultant. She currently teaches classes in mindfulness for Stanford’s Cancer Supportive Care Program and Health Improvement Program and has taught for other organizations including Apple and Google. Patty is available for sessions on Tuesdays in-person or via Zoom; Wednesday and Thursday afternoons and evenings via Zoom.
HEALTHY LIVING
Spring Quarter Highlights

Each quarter, the Healthy Living Program provides a rich array of offerings, all driven by the science of healthy living and our desire to serve the Stanford community with the very best in health education.

Eight New Webinars

• Better Aging at Any Age
• Covid 19 - Lessons from the SARS Pandemic to Prepare Individually & Collectively
• Maintaining Healthy Eyes as You Age
• Food for Thought - Performance Nutrition for Enhanced Cognition
• Intro to Ayurveda
• Life on Purpose - How Living for What Matters Most Changes Everything
• Mental Health in the Workplace
• Sweet Rewards - Easy ways to Reduce Sugar and Improve Your Health

New In-Person Classes

• Healthy Kitchen - Delicious and Planet-Friendly Food Choices
• Cultivating an Inner Compass - Navigating the Road of Competing Values
• Intro to Yoga Nidra - A Guided Meditation and Deep Restoration
• Living Mindful - Crafting a Mindfulness Practice That Works for Your Life
• Nutritional Strategies for Optimal Health
• Reaching the Goals You Really Want - Barriers, Boosters and Baby Steps
• Unplug from a Busy Mind to Replenish with Deep Inner Peace
• Use It or Lose It - How Dancing Makes You Smarter
• Restore Healthy Pelvic Floor Function Using the Feldenkrais Method®
• Wireless Technology Promises and Perils

Stanford Health Improvement Program
Spring has sprung and it is the perfect time to start that home project, personal improvement plan, career development class or tiny new habit. Below are some tips for getting started on your vision whether it is large or small....

**Activate your imagination**
- Imagine all that is possible. Think big. Dream.

**Collect resources**
- Take fresh look at everything Stanford, your family, and your community offers, as well as your strengths.

**Tackle your fears**
- Change can be hard. You can do it! We’re here to help.

**Invest in tomorrow**
- Schedule lunch with a potential mentor, sign up for a class or block some time in your schedule to feed your soul.

**Own the outcome**
- This is your life to embrace and design. Today can be the first day or the rest of your life. Seek out those people, ideas, and activities that support your growth.

**Never give up...**
- Setbacks happen. Find the lessons learned. Pick yourself up and start a new adventure.

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Patty Purpur De Vries, *The Soft Side of Success* 2010

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Stanford Health Improvement Program

BeWell