Healthy Living

Winter 2020
January 13 - March 13

Class Schedule

Stanford Health Improvement Program

hip.stanford.edu
HEALTHY LIVING CLASSES

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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. Please call the HIP office 650.723.9649 for payment instructions.
- STAP or EA Funds

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.

HEALTHIMPROVEMENT@STANFORD.EDU | (650) 723-9649 | HIP.STANFORD.EDU
Class times, locations, and instructors are subject to change from the listing in this schedule of classes. Please refer to hip.stanford.edu for the most current information.
Would you like to take a deeper dive into a wellness topic and get paid for it?

This winter, HIP has 19 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
- 5 Keys to a Happier Life (p.5)
- Climate Change – What You Can Do (p.7)
- Diet How To’s of Metabolic Homeostasis (p.18)
- Knowing Ourselves – Exploring the Enneagram (p.11)
- Life Skills for Love (p.24)
- Mindfulness-Based Stress Reduction (p.6)
- The Power of the Pause Meditation Retreat (p.6)
- Traditional Oriental Medicine (p.15)
- Weight Management – The Journey Continues (p.20)

Online Classes
- Better Choices Better Health Digital Program for Health Conditions Self-management (p.21)
- Omada™ Online Weight-Loss Program for Prevention of Diabetes & Heart Disease (p.23)
- Kurbo – Simple “Traffic-light” Weight Loss Program (p.18)
- Sleepio – Digital Sleep Improvement Program (p.14)

Personalized Offerings
- Nutrition (p.19)
- Mentoring for Weight Loss (p.19)
- Fitness Design (p.13)
- Sleep Improvement (p.24)
- Stress Reduction (p.24)
- Wellness (p.14)

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

NEW | 5 KEYS TO A HAPPIER LIFE
What does it really mean to be happy? While some people seek happiness in external factors, research has found that the true keys to happiness come from within. It does take some work on your part, but by making small adjustments in mindset and behavior, you can reap the rewards of a happier life.

In this 5-week engagement class, we will explore the factors that have been shown to increase levels of happiness. Each week will focus on one key to a happier life: gratitude, self-acceptance, generosity, social connections, and loving-kindness. Through guided meditation, self-reflective exercises, large and small group discussion, and learning videos, you will learn how to integrate these “happiness habits” into your daily life. As you discover how to shift your perspective of yourself, others, and life events, you will naturally feel better about your life.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

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 Oracle, eBay, and Genentech.

NEW | 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.

NEW | 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.

Special Two-Step Registration Process:
Step 1 – Register for the Headspace program at hip.stanford.edu
Step 2 – Receive email from HIP with unique code and instructions for how to access your program

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<td>FRI</td>
<td>1/17-2/14</td>
<td>11:00am-12:15pm</td>
<td>Health Research &amp; Policy, Redwood Bldg. (HRP), Rm T138B</td>
<td>$200 (STAP/EAY/YES)</td>
<td>hap-01</td>
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<tr>
<td>FRI</td>
<td>2/7</td>
<td>12:00-200pm</td>
<td>Kingscote Gardens, Rm 140</td>
<td>$65 (STAP/EAY/YES)</td>
<td>bsm-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>1/14-3/3</td>
<td>7:00-9:30pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 130</td>
<td>$330 (stap/ea: yes)</td>
<td>msm-01</td>
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**NOTE** Saturday Retreat: February 15, from 9:00am-5:00pm in Li Ka Shing, Rm 101/102

Instructor: Patty McLucas, founder of Mindful Wellness, delivers programs in stress reduction, mindful eating, sound sleep, and mindful leadership communication. A wellness consultant for over 20 years, Patty teaches mindfulness meditation for Stanford’s Cancer Supportive Care Program and teaches mindfulness, meditation, and stress reduction for organizations including Apple Computer and Google.

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<td>THU</td>
<td>2/6-3/26</td>
<td>5:30-8:00pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 130</td>
<td>$330 (stap/ea: yes)</td>
<td>msm-02</td>
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**NOTE** Sunday Retreat: March 8, from 8:30am-4:30pm in Li Ka Shing, Rm 209

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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<td>SAT</td>
<td>3/7</td>
<td>9:00am-5:00pm</td>
<td>Cubberley Education Building, Rms 313 and 334</td>
<td>$225 (stap/ea: yes)</td>
<td>popmr-01</td>
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CONTEMPLATIVE PRACTICES

SOUND IMMERSION MEDITATION

Experience the sound vibrations of singing bowls, gongs, and chimes as they guide us into a deep meditation. A wide range of ancient world traditions from Confucianism to the Pythagoreans claim that sound can not only “tune the soul” but affect our cosmological and social worlds as well. The physiological impact of sound on the body, emotions, and cognition is apparent. Through the vibrations of these instruments, we may experience an inner calm and deep relaxation that enables us to journey within and center. Please bring a yoga mat, blanket, or pillow for your comfort.

Instructor: Danny Goldberg, BFA, is an artist and environmental educator, facilitating creative group activities for schools, retreats, hotels, and private groups around the Bay Area. He offers his sound immersion experience at yoga studios, healing centers, and events throughout the U.S.

Two dates and locations to choose from:

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<tr>
<td>MON</td>
<td>2/3</td>
<td>6:30-8:00pm</td>
<td>Stanford Redwood City (SRWC), Recreation and Wellness Ctr.</td>
<td>$30 (stap/ea: no)</td>
<td>scir-01a</td>
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<tr>
<td>TUE</td>
<td>3/10</td>
<td>6:00-7:30pm</td>
<td>Graduate Community Center, Havana Rm</td>
<td>$30 (stap/ea: no)</td>
<td>scir-01b</td>
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ENVIRONMENTAL HEALTH

ACTIVE TRANSPORTATION COUNSELING™

Learn to gradually expand your non-auto transportation without aiming for perfection. In this 1-hour session, in-person or in two 30-minute phone calls, 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.

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

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<tr>
<td>By appointment</td>
<td>In person or by phone</td>
<td>$100 (stap/ea: yes)</td>
<td>atc-04</td>
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CLIMATE CHANGE – WHAT YOU CAN DO

Climate disruption is one of the foremost challenges of our time and has many implications for both our personal health and the health of our planet. Atmospheric carbon dioxide (CO2), the primary cause of climate change, has increased to levels never observed before. With the United States’ withdrawal from the Paris Climate Accord, many people are asking what they can do to have an impact on climate change. Fortunately, we can take action with a variety of approaches to safeguard the planet, lower our carbon footprint, and, in the process, save money, increase community, and improve health.

This 3-session engagement class is designed to turn good environmental intentions into action. The course takes much guesswork out of which actions have greatest impact, providing a roadmap for where to spend precious time. You will learn how to green your transportation at your own pace, save energy at home, improve recycling efforts, make greener financial decisions, incorporate dietary changes, impact policy, and engage in citizen action, if desired. Through the instructors’ combined two decades of professional experience, the latest research in behavioral science, and facilitated group support, this class will help you make a real difference.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive and also for the Cardinal Green financial incentive. Details at sustainable.stanford.edu/my-cardinal-green.

Instructors: Steve Attinger, MBA, CGBP, is the environmental sustainability manager for the City of Mountain View. Jane Rosten, MSW, LCSW, is the environmental behavior change program manager for the Stanford Health Improvement Program.

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<td>WED</td>
<td>2/26-3/11</td>
<td>6:30-8:30pm</td>
<td>Li Ka Shing Center for Learning and Knowledge, Rm 304/305</td>
<td>$175 (stap/ea: yes)</td>
<td>locarb-01</td>
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RECYCLING 201 – WHICH BIN DOES THIS GO IN?

Recycling provides significant benefits for our health and our planet, reducing air and water pollution, saving energy, and reducing the greenhouse gas emissions that lead to climate change.

But even with the best intentions, effective recycling can be confusing. If you’ve ever stood in front of the waste bins and wondered, “Which bin does this go in?” this class is for you! Support Stanford’s goal of becoming a zero-waste campus by 2030 by learning and practicing how to sort your waste properly. This class will describe Stanford’s waste management system and provide an opportunity to discuss how to improve our waste reduction, reuse, recycling, and composting habits with a recycling expert and a behavioral counselor.

We encourage people to bring a sample of their own trash to the class, if desired. We will do mini “waste audits” to discover how to better move towards zero waste. Often, we find over 80% of our trash is recyclable or compostable. You will walk away with a new understanding of waste and an optional action plan to improve your recycling efforts.

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

Instructors: Julie Muir is the Zero Waste Manager for Stanford University, with more than 25 years in the recycling industry. Jane Rosten, MSW, LCSW, is manager of environmental behavior change for the Stanford Health Improvement Program.

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<tr>
<td>WED</td>
<td>1/22</td>
<td>12:00-1:15pm</td>
<td>Stanford Central Energy Facility, Einstein 135</td>
<td>$0</td>
<td>r201-01</td>
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SAFE AND CONFIDENT WINTER BIKING – KEEP RIDING DURING COLD, DARK, OR WET CONDITIONS

When winter arrives and the days grow shorter, there’s no need for your bicycling season to end. With the proper clothing, lights, knowledge, and practice, winter riding can be rewarding, even exhilarating!

This class is for fair-weather bike commuters and recreational riders interested in tips for continuing to enjoy bicycling when the days get shorter, the weather gets colder, and the rain starts coming down. Knowing how to dress for Bay Area winter weather and outfit your bike for drizzle and darkness can help you keep fit year-round, while continuing to help the environment, lower your expenses, and reduce your stress level.

In this 2-hour class, we’ll cover safety and basic commuting skills with photos and video, model clothing options for staying warm and dry, and demonstrate a variety of effective lights for your bike and helmet. There will be optional goal-setting for those who would like to get started making a change within the next month. Bring questions and learn how to stay on the road all season long.

Instructors: John Ciccarelli is an experienced street cyclist and nationally certified cycling instructor with the League of American Bicyclists. He founded his San Francisco-based cycling consulting practice, Bicycle Solutions, in 1999 after serving for four years as Stanford’s first full-time bicycle program coordinator. Jane Rosten, MSW, LCSW, is the environmental behavior change program manager for the Stanford Health Improvement Program, voting member of the City of Palo Alto Bicycle Advisory Committee, and an avid bicyclist.

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<td>WED</td>
<td>2/5</td>
<td>4:30-6:30pm</td>
<td>Stanford Redwood City (SRWC), Cardinal Hall, Rm 145</td>
<td>$70</td>
<td>bike-03</td>
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NEW | WEBINAR: CRAFTING A LIFE YOU LOVE

Are you ready to take the reins of your life in hand and redesign your future? While none of us has complete control of what happens to us, we do have some control in what we strive for, where we focus our attention, and how we set our intentions. Please join us for a noontime webinar and gain some practical tips for bringing more joy into your life.

You will learn easy-to-use techniques for focusing on what is working in your life and gathering more of what brings you personal and professional fulfillment. Research by Barbara Fredrickson, Brené Brown, Robert Emmons, Martin Seligman, and others pave the way for you to test and apply these strategies in your own life. Invite your coworkers or loved ones to join you and start designing a new path together.

Instructor: Patty Purpur de Vries, MS, is the associate director of faculty and staff well-being and strategy and innovation for the Health Improvement Program and BeWell. She is also director of the Stanford LeadWell Network and ambassador for the Stanford Medicine WellMD Center.

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<tr>
<td>TUE</td>
<td>2/18</td>
<td>12:00-100pm</td>
<td>At your computer/device</td>
<td>$35</td>
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CREATIVE PLAY

_We don’t stop playing because we grow old; we grow old because we stop playing._ — George Bernard Shaw

Science has long touted the value of play for children, but researchers are finding that play is also important for adults. Playing can boost your energy and vitality and even improve your resistance to disease. It can also trigger the release of endorphins, the body’s natural feel-good chemicals, lower your response to stress, stimulate your mind, and help you focus. And it is fun!

Learn ways to develop your playful nature and positive outlook on life, de-stress your body and mind, and enjoy the conviviality of community in this special 2-session class. You will reconnect with the replenishing gift of play and gain skills to further develop your playful nature and outlook on life. Sessions will include laughter, games, songs, music, writing, dance/movement, improvisation, and more.

Instructor: Deanna Anderson is a dancer, actor, and movement therapist. Her training includes professional certification in the Expressive Actor Method, which synthesizes acting, voice, and movement into a unified method for development.

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<td>12:00-100pm</td>
<td>Graduate Community Center, Havana Rm</td>
<td>$70</td>
<td>iplay-01</td>
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NEW | FUN WITH PUBLIC SPEAKING – HOW TO GET FROM TERRIFIED TO TERRIFIC

_There are two types of speakers: Those who get nervous and those who are liars._ — Mark Twain

Public speaking can be an important pathway for career advancement. It is also an opportunity to connect, share your message, and enrich the lives of others. But for many, the mere thought of speaking in public is terrifying, causing intense anxiety. In fact, in some studies participants rank the fear of speaking above even the fear of death! But it doesn’t have to be that way. With a shift in mindset, a little practice, and a few tricks up your sleeve, you can learn to leave your fears behind and love the spotlight.

In this intimate and interactive 3-session workshop, you will work with an experienced presenter to transform your thinking and behavior when it comes to speaking in public and keep your nerves calm and blood pressure low when the dreaded assignment is given. Each week, you will practice presenting in a small and supportive group, refining your skills, experimenting with different approaches, and finding your own personal style. By the end of the class, you will have the tools to not only overcome your fear, but enjoy yourself and have fun while speaking in public.

Instructor: Laura Becker-Lewke, LLB, MBA, is a lawyer, businesswoman, and mother of four children. She is now a BeWell coach at Stanford and development professional with Hope Unlimited for Children. Public speaking is one of Laura’s passions, and she is looking forward to helping others discover the fun of presenting.

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HEALING TOUCH COURSE 2 – ENERGETIC PATTERNING AND CLINICAL APPLICATIONS

Healing Touch is a complementary, energy-based approach to health 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 recipient in the position to self-heal.

In Course 2, you will learn ‘back’ techniques, the assessment process, including recording observations and documentation, and best practices of applying Healing Touch in clinical settings. Participants will be encouraged to share experiences of practicing Course 1 techniques for feedback and growth. This class is open to anyone who has successfully completed Healing Beyond Borders HTI’s Healing Touch Level 1 and provides 17.5 continuing Education Contact hours for nurses and massage therapists. Foundations and Practice of Healing Touch textbook is required.

Instructor: 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, and most recently the Sierra Nevada. Prior to moving to the Sierra, Elizabeth had a private practice in Palo Alto and worked as a Healing Touch Provider for Stanford Cancer Supportive Services at the Integrative Medicine Clinic, along with being the co-founder and associate director of Healing Partners at Stanford University Medical Center.

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HOW TO LIVE LONGER, HEALTHIER, AND HAPPIER

Do you feel too young to get old? What exactly is healthy aging? The answers are different for people at different stages of life. This 2-session class will cover ways to live longer and better, based on the latest research by experts in the field of growing older.

Session 1 will focus on ways of helping you take charge of your body and mind. What specific kind of exercise do you need to emphasize in your fitness program? What specific kinds of food do you need to be eating? What steps can you take to remain mentally sharp? Session 2 will focus on taking charge of your life. What myths do you have about getting older? What are telomeres and can your lifestyle encourage the length of your telomeres? What do you need to relinquish, and what do you want to enhance as you move on? What does generativity versus stagnation mean to you?

If youth, health, beauty, and power supposedly recede as you get older, what do studies tell us about why older people are happier? This paradox of aging and other topics will be explored.

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

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KNOWING OURSELVES – EXPLORING THE ENNEAGRAM

We are complex individuals, yet, at our core, systematic motivational patterns ignite our strengths and trigger defenses. Whether in our personal lives or in organizations, we can sometimes be baffled by our own impulses, as well as the behavior of others. The Enneagram has been used for decades as a leading method to unlock the secrets to understanding why we behave as we do. It is also used as a method to improve workplace dynamics by teaching strategies that build rapport and empathy and reduce unproductive conflict.

In this workshop, you will learn how the powerful Enneagram strategies enhance your capacity to strengthen your effectiveness, enhance leadership skills, build rapport and empathy, reduce unproductive conflict, increase resilience and enjoy greater effectiveness, confidence and well-being in a challenging world.

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

Instructors: Peter O’Hanrahan is a leading Enneagram teacher and trainer worldwide and is the co-author of the Enneagram workplace guide, Transformational Leadership, which is used globally by companies and university graduate programs. Carole Pertofsky, M.Ed, is director emerita of Health Promotion Services, Stanford University, as well as a national speaker, trainer, consultant, and certified Enneagram seminar leader. She teaches positive psychology, mindfulness, and well-being courses at Stanford University and major Silicon Valley companies.

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NEW | WEBINAR: LOVING YOUR BODY WHILE STRIVING FOR CHANGE

Each day we can find inspiration calling us both to love and accept our body as it is and also to strive to make changes to be our best self. How can we embrace both of these empowering messages – without making ourselves crazy?

In this noontime webinar, you will learn how to call on your drive and discipline for positive change while also being compassionate and accepting of how things are in the present moment. We will explore how to manage external pressures about body size, aging, and gender expression and shift critical thought patterns into inspirational ones. By using simple mindfulness tools, you will discover how to access your healthy instincts about effort, rest, and what is truly nurturing, identify your positive motivations for change and your internal change blockers, and build daily practices for patience and kindness with your progress, even when the change you seek is not happening the way you want. This presentation is great for people who are setting new fitness challenges, working on weight loss or weight gain, recovering from an injury or illness, adjusting to new physical limitations, transitioning gender, or facing aging.

Instructor: 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.

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MANAGER AS WELLNESS ADVOCATE

Many studies have shown the business benefits of employee wellness. In fact, as of 2015 more than two-thirds of US employers offered wellness programs at their companies. But simply putting a program in place isn’t enough. Employees need a manager’s support to create a thriving culture of wellness and sustainable behavior change. In this afternoon workshop, learn how employee health is tied to employee performance and productivity, satisfaction, and retention and the critical role managers play in supporting employee wellness. You will discover the best practices for creating a work environment that supports wellness and put theory into action by working through scenarios based on common workplace situations. By the end of the session, you will have gained important tools that you can put to use immediately to promote wellness in your team.

Instructors: Deborah Balfanz, PhD, is the group behavior change manager for the Stanford Health Improvement Program, where she teaches Healthy Living classes and provides individual wellness coaching. She has been helping individuals make sustainable lifestyle changes since coming to the HIP in 2002. Her passion is helping to create work environments where “the healthy choice is the easy choice.” Elizabeth Skolnik, CPCC, received her professional coach certification from the Coaches Training Institute in 2009 and has been working in organizational development for more than 20 years. She currently provides wellness advising and wellness coaching as part of Stanford’s Health Improvement Program. Her passion is the neuroscience of behavior change in support of individuals and toward creating a culture of wellness.

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NEW | NEW BEGINNINGS – CREATING HEALTHY HABITS THAT LAST

A new year, a new you. The start of a new year has traditionally been a time for resolutions, but how do you decide where to focus your efforts to make the most meaningful changes for your health and wellness.. and make those changes last?

Join us for this fun, 2-session workshop that takes a multi-faceted approach to creating and implementing meaningful changes in your life. You will begin by taking an objective and analytical look at your current behaviors to find what is already working and where you can add worthwhile changes for health and well-being. Then utilize the Pareto Principle to optimize your efforts and develop SMART goals to bring your plans to fruition. Through participation in small, supportive discussion groups and other in-class activities, you will tap into your creative side for further inspiration, joy, motivation, and flow. At the end of the series, you will be able to take away a “new beginnings” action plan that will serve you for years to come.

Instructor: Moj Razmi has taught yoga, group fitness, and Healthy Living classes for the Health Improvement Program for the past 13 years. She is an ERYT500 certified yoga instructor and Inspired Anusara teacher. She has completed more than 600 hours of yoga, breathing, meditation, ayurvedic, and chakra workshops.

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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 teaching dance since 1977, practicing Shiatsu since 1988, and teaching Pilates since 1995.

Two classes to choose from:

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

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

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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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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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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.

**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.

**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.

**Jayna Rogers**, MPH, is a health education manager for the Health Improvement Program and workshop coordinator for the BeWell 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, smoking cessation, weight management, women’s health, and wellness coaching for long-term behavior change.

**Daryl Walker**, NBC-HWC, is a life coach, certified personal trainer and a National Board-Certified Health and Wellness Coach. Daryl believes you do not need to do it “perfectly” and provides a safe and supportive environment to learn and practice while taking realistic, incremental steps towards your health and wellness goals.
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. 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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<td>Three sessions</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.
SPINEFULNESS TO EASE THE KNEES
Do your knees talk to you with clicks, creaks, pops, or just cry ‘ouch’ with every step? By applying ‘spinefulness’ skills learned in this 4 session workshop, you will begin to find balance between the bones and the muscles in your leg to give relief to tired and painful knees.

We will examine your alignment while sitting, standing, or bending with a focus on taking the stress out of your knees. You will explore the interplay between muscle tension and bone alignment and how it affects posture and knees. Simple, yet profound changes will help you find and keep your ‘spinefulness.’ This class is great for beginners or those ready to take their posture awareness to the next level. Please wear loose, comfortable pants to class (no jeans).

Instructor: Jenn Sherer 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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Note: no class 2/5

TRADITIONAL ORIENTAL MEDICINE – SELF-CARE PRINCIPLES AND PRACTICES FOR IMPROVING SLEEP, HEADACHES, AND DIGESTIVE ISSUES
Do you have difficulty sleeping or suffer from tension headaches or digestive issues? Come to this one-day class, where we will explore each of these health concerns and their root causes from the Traditional Oriental Medicine (TOM) perspective. Applying basic TOM principles of qi, yin and yang, the 5 elements, and acupuncture meridians, you will learn easy-to-apply acupressure and qigong techniques to help relieve symptoms and restore the inner balance of your physical, mental, and emotional body. By the end of the day, you will have a new set of self-care techniques and practices that can strengthen the healing potential of your body, helping you feel more empowered, revitalized, and healthy.

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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Stanford University Wellness Summit X
March 12, 2019: 8:00AM – 3:30PM
Li Ka Shing Center, Berg Hall, Stanford University
A PLANT-BASED APPROACH TO EATING FOR HEALTH AND BEYOND
Confused about what to eat or what to feed your family? Since not even the experts can agree, it’s easy to understand how you can feel at a loss when trying to decide what to put on the dinner table. This noontime class will offer an overview of the benefits of a plant-based diet, from optimizing health and well-being to caring for our environment, as well as address some common concerns. We will provide plenty of practical tips and strategies to bring plant-based meals to your lunch boxes and dinner table. Learn the nuts and bolts of menu planning, get new recipe ideas, and learn how to make some simple, yet delicious plant-based meals. You will even get a chance to taste some samples!

Instructor: Reshma Shah, MD, MPH, is a board-certified pediatric physician practicing in the Bay Area. She has advanced training in plant-based nutrition and cooking. In addition to clinical practice and teaching residents and medical students, she has a strong interest in family health and wellness, with a focus on plant-based nutrition.

NEW | BUILDING A POSITIVE RELATIONSHIP WITH FOOD – BREAKING THE STRESS EATING CYCLE
Eating is a vital activity, meant to nourish and support our bodies. But often we can eat for other reasons – to fit in at social situations, relieve stress, satisfy cravings, or try to make ourselves feel better. This emotional and mindless eating can lead to an unhealthy relationship with food.

In this noontime class, we will explore the psychological foundations of a positive relationship with food to enhance mind-body health and optimize performance. You will learn research-based mindfulness practices shown to enhance physical and psychological well-being based on MB-EAT (Mindfulness Based Eating Awareness Training). You will walk away with ways to assess your own hunger and satiety. This class has been adapted to be inclusive of all body sizes, shapes, and sizes with a health rather than weight-centered approach.

Instructor: Bryan Lian, MS RD CEDRD-S, is the campus dietitian/nutritionist at Stanford. He is a part of the team promoting student health and well-being and also co-teaches mindful eating as an academic course. Bryan earned his master’s degree in health administration at the University of California, San Francisco, and completed his clinical training at two Harvard teaching hospitals.

NEW | WEBINAR: BEYOND DIETS – THE SCIENCE OF THE HUMAN APPETITE
Why are some people hungrier than others? Why, despite all of the latest advice, are obesity rates still so high? And why don’t diets seem to work in the long run? Join us for this engaging and informative noontime webinar exploring the latest science and genetic research behind the human appetite. In a post-truth world, Dr. Giles Yeo cuts straight to the data-driven facts while captivating his audience with lively anecdotes and fascinating detail. You will gain insight into the brain control of food intake, probe the facts behind fad diets, learn lessons from bariatric surgery, and debunk the modern obsession with counting calories. By understanding the physiology of your body, its hormonal functions, and its caloric needs, you can overcome the misinformation of modern dieting trends, become empowered to make better decisions, and achieve a healthy relationship with food, your body, and your weight.

Presenter: Giles Yeo, PhD, has 20 years of experience studying the genetics of obesity and brain control of food intake. He got his PhD from the University of Cambridge in 1998 and currently focuses on the influence of genes on our feeding behavior and bodyweight. He is also a broadcaster, with science documentaries on the BBC and Netflix, as well as the author of Gene Eating: The Science of Obesity & the Truth About Diets which was published in December 2018.
DIET TO’S OF METABOLIC HOMEOSTASIS – BALANCE YOUR BODY THROUGH BASIC NUTRITION

Homeostasis describes how the human body regulates fluid, nutrients, and temperature balance. The current diet culture repeatedly tells us that we must do all the work to keep our body in balance through “clean eating,” fasting, and cleansing. These messages lead to confusion and sometimes anxiety over not doing the right thing.

Join this 4-week engagement class to learn and practice sound nutrition principles. Not only will you learn the basics of nutrition from a metabolic perspective, you will participate in a healthy diet ‘boot camp’ where each week, as a group, we will review eating patterns and practice what we learn. There will be opportunities to share the emotional and physical changes we experience. Learn how the digestive system and metabolic system (related to hunger and satiety) work, and increase your confidence to choose foods that best meet your personal health needs.

NOTE This class qualifies for the 2020 BeWell Engagement Incentive

Instructor: Gretchen George, PhD, RD, is an assistant professor in nutrition at San Francisco State University. Prior to her faculty position, she worked at Stanford Prevention Research Center as a research dietitian on multiple weight loss studies.

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HEALTHY KITCHEN – THE MEDITERRANEAN WAY

Are you looking for new inspiration for mealtimes? If so, you’ll want to join this Healthy Kitchen class focusing on the Mediterranean style of cooking and eating. There is evidence that this diet based on vegetables, fruits, whole grains, beans, nuts and seeds, and olive oil may decrease the risk of heart disease, overall cancer, diabetes, and early death. In this noontime class, we will review what makes Mediterranean and related diets, such as the MIND diet, beneficial for your health. You will learn how to modify your own recipes to make them more heart and brain healthy. There will be new recipes to sample as well. Opa!

Instructors: 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. Roselyne 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. 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.

Two dates and locations to choose from:

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
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<td>SLAC National Accelerator Center, Bldg. 53, Trinity Rm 1350</td>
<td>$40</td>
<td>hkm-02</td>
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</table>

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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<tr>
<th>Day / Date</th>
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</thead>
<tbody>
<tr>
<td>Rolling start</td>
<td>Self-paced</td>
<td>$250</td>
<td>kurbo-30</td>
</tr>
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</table>
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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<th>DAYS</th>
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<tr>
<td>MON-FRI</td>
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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’s areas of focus include: plant-based diets, healthy digestion, eating strategies to help lower cholesterol, glucose or blood pressure, and healthy eating for busy people. She is enthusiastic about working with clients to create a sustainable plan that suits each individual’s unique body, lifestyle, food preferences, and health goals.

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<th>DAYS / TIMES</th>
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<td>$275 (STMT/EA: YES)</td>
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Christina Becker, MPH, RDN, NBC-HWC, is a public health nutritionist, and integrative wellness coach. Christina has over 15 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. 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 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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PERSONALIZED NUTRITION
Nicole Cooper, ATC, RDN, NASM-CPT, has over 15 years of experience working in dietetics, personal training, and corporate wellness. She is currently a BeWell coach. 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 research projects that primarily provide lifestyle and cardiovascular risk factor reduction education to study participants. Shauna can help you improve your diet with simple, realistic modifications.

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Natalie Lavorato is a nutritionist with over 10 years of experience working as a health educator. She has been a program manager for for Kaiser Permanente’s Medical Weight Management Program as well as a BeWell coach for Stanford’s Health Improvement Program. She is passionate about helping others tackle issues such as weight management, heart disease, nutrition for athletic performance, glucose management, or simply improving on an already healthy lifestyle. Natalie can help you to make lasting lifestyle changes by beginning with small sustainable steps.

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<th>Days / Times</th>
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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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<th>Days / Times</th>
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<td>pnc-04g</td>
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WEIGHT MANAGEMENT – THE JOURNEY CONTINUES
Many of us are able to initiate lifestyle changes, but not all of us are successful at maintaining them. This is particularly true when it comes to weight loss, not because it’s necessarily difficult, but rather because so many of us aren’t aware of the key factors that lead to optimal success. This 6-week class will serve as a resource for participants who experience inevitable challenges but remain committed. You’ll learn to think more creatively about your weight loss and learn new ways to build on your success to make it sustainable. We’ll cover lesser-known strategies, focus on your unique challenges, and have some fun in the process. Each class will focus on a specific theme where the instructor/mentor will provide new information designed to generate group discussion, discovery, and peer support.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

Facilitator: 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 and is eager to help others achieve their goals.

<table>
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</table>
**PREVENTION & MEDICAL MANAGEMENT**

**BETTER CHOICES BETTER HEALTH – DIGITAL PROGRAM FOR HEALTH CONDITIONS SELF-MANAGEMENT**

This 6-week online workshop, also known as the Chronic Disease Self-Management Program (CDSMP), is ideal for individuals with ongoing and persistent health conditions. The safe and anonymous online workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to lead active and purposeful lives. Developed and evaluated at Stanford University 20 years ago, Better Choices, Better Health is now offered online.

Participants join a workshop of 25 to 30 other people with long-term health conditions and can expect the workshop to begin within 1 to 2 weeks after signing up. At their convenience, participants access weekly lessons that support them with healthy eating, exercise planning, communication skills, dealing with frustration, fatigue, and pain, making informed treatment decisions and other disease-related problem solving. Trained facilitators, also living with long-term health conditions, guide participants in setting small, achievable goals with an Action Planning tool. As participants give and receive support, their shared success builds the kind of confidence proven to facilitate lasting positive changes.

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions* and access to the program’s alumni community upon completion.

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

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<th>Day / Date</th>
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<th>Code</th>
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<tbody>
<tr>
<td>Rolling start</td>
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**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. Learn more at [checkupandchoices.com/suhip/](http://checkupandchoices.com/suhip/)

C&C also offers abstinence programs for opioids, marijuana, and stimulants.

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<tr>
<th>Day / Date</th>
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</table>
PREVENTION & MEDICAL MANAGEMENT

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.

Three dates and locations to choose from:

<table>
<thead>
<tr>
<th>DAY</th>
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<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
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<td>cpr-02</td>
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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.

NEW | WEBINAR: MANAGING CHRONIC CONDITIONS WITH SELF-MANAGEMENT TOOLS
According to the CDC, nearly half of US adults are affected by chronic health conditions such as heart disease, stroke, diabetes, cancer, obesity, and arthritis. These conditions limit function, health, activity, and work for these people, affecting the quality of their lives as well as the lives of their families. However, research shows that learning how to address problems and make informed decisions about health can help these people live a healthier life. Join this noontime webinar for an overview of common symptoms that many people living with ongoing or chronic conditions experience and an introduction to self-management tools that can help them successfully manage symptoms. You will have a chance to practice using several self-management techniques including mindful breathing, goal setting and action planning, and problem solving, giving you immediate tools to set you on the path of increased wellness.

Presenters: Neal Kaufman, MD, is founder and chief medical officer of Canary Health and a UCLA adjunct professor of medicine and public health. He has implemented, evaluated, and evolved healthcare and social services at the individual, family, clinic, community, and governmental levels.
Katy Plant is the director of service innovation at Canary Health and has spent over a decade developing digital programs for people with chronic health conditions. She is the co-inventor of the Better Choices Better Health online workshop offered through HIP.

Three dates and locations to choose from:

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<thead>
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<td>THU</td>
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</table>

REGISTER ONLINE  hip.stanford.edu
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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<tr>
<th>DAY / DATES</th>
<th>TIME</th>
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<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 offers 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. HIP also offers this program to community members and Stanford retirees for a fee.

This program begins with an initial 20-minute intake phone call followed by one 60-minute in-person consultation on the Stanford campus. Following the in-person 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.

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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<th>SESSIONS</th>
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<td>sciq-04</td>
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<tr>
<td>12 Sessions: Stanford retirees and community</td>
<td>$275</td>
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NEW | WEBINAR: THE VAPING PHENOMENON – WHAT IT IS, WHY IT HAPPENED, AND WHAT WE CAN DO ABOUT IT

Global usage of e-cigarettes has risen exponentially since their introduction to the market in 2003, especially for the new pod-based products made popular by Juul. But studies indicate that these e-cigarettes are far from safe, and vaping has recently been linked to a disturbing number of severe lung illnesses and deaths.

This noontime webinar will provide detailed information on e-cigarettes, nicotine levels in these products, addiction, and other health effects. The presentation will also explore reasons for adolescent use of these products, including flavors, appeal, marketing, perceived reduced harm, stress, anxiety, and depression, and misperceptions. After learning the health impacts, you will be given evidence-based resources that can be used to help prevent and reduce youth use of e-cigarettes, as well as advocacy efforts occurring in the US to reduce vaping use.

Instructor: Bonnie Halpern-Felsher, PhD, is a developmental psychologist and professor in the division of adolescent medicine in the department of pediatrics at Stanford University. She is also the founder and executive director of the Tobacco Prevention Toolkit and the Cannabis Awareness and Prevention Toolkit.

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<th>TIME</th>
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LIFE SKILLS FOR LOVE – HOW TO HAVE HAPPY, NURTURING, PASSIONATE RELATIONSHIPS

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships, increase well-being, and avoid suffering.

In this 1-day course, we will learn about and practice wisdom skills that have scientifically been found to enhance love and relationships. Skills such as mindfulness, emotional intelligence, empathy, compassion, gratitude, ego transcendence, and openness to experience have been empirically established as critical to having positive relationships. Other skills such as forgiveness and humor will also be presented and applied. Using multi-media visuals, short films, jokes, and engaging activities, this course is designed to be fun and practical.

NOTE: This class qualifies for the 2020 BeWell Engagement Incentive

Instructor: Shani Robins, PhD, is a licensed psychologist, a National Institute of Mental Health fellow, and pioneered the field of Wisdom Therapy. He is the founder and president of the Wisdom Therapy Institute.

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MARTIAL ARTS FOR THE MIND – STRESS AND RESILIENCY SKILLS FOR THE WORKPLACE

Gain clarity and an increased capacity to meet and overcome life’s challenges by becoming a master of your mind. The stress and resiliency training offered in this 3-hour workshop provides both physical and cognitive techniques to transcend the negative impacts of stress and increase our capacity to bounce back from adversity. These same techniques — used by Navy Seals to calm fear before combat or athletes to reduce stress during competition — can be put to use by anyone to reduce stress in the workplace or daily life.

This workshop will help you understand and communicate more sensitively with others without denying or sacrificing your own feelings. Learn how to manage challenging work situations with greater calm and clarity of mind, and experience clinically proven relaxation and meditation techniques that can be done in just a few moments. Benefits include relief from chronic pain, insomnia, and high blood pressure and increasing your mental focus amidst our 24/7 culture of hyper-connectivity and distractions.

Instructors: David and Karen Gamow have provided stress and resiliency training to more than 30,000 people over the past 20 years to clients in a wide range of settings, including NASA, Citrix, Nokia, Hyatt, GE, Stanford, and the US Navy.

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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. In-person and video chat coaching sessions available.

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, mindfullness 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. In-person and video chat coaching sessions available.

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.

<table>
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<th>PROGRAM</th>
<th>DAYS / TIMES</th>
<th>Fee</th>
<th>Code</th>
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<tbody>
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<td>Sleep</td>
<td>TUE 2:00-3:00pm &amp; 5:00-6:00pm; WED &amp; THU pm</td>
<td>$275 (STAY/EA: YES)</td>
<td>pcsis-04a</td>
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HEALTHY LIVING
Winter 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.

Five New Webinars

• Beyond Diets – The Science of the Human Appetite
• Crafting a Life You Love
• Loving Your Body While Striving for Change
• Managing Chronic Conditions with Self-Management Tools
• The Vaping Phenomenon: What It Is, Why It Happened, and What We Can Do About It

New In-Person Classes

• 5 Keys to a Happier Life
• Breathwork for Self Mastery
• Building a Positive Relationship with Food: Breaking the Stress Eating Cycle
• Fun with Public Speaking – How to get from Terrified to Terrific
• New Beginnings: Creating Healthy New Habits that Last

Online Classes

• Better Choices Better Health Digital Program for Chronic Conditions (NEW)
• CheckUp & Choices - Confidential Digital Program for Drinking and Drug Use
• Headspace - Meditation Made Simple
• Kurbo - Simple “Traffic-Light” Weight Loss Program
• Omada - Weight-Loss Program for Prevention of Diabetes and Heart Disease
• Sleepio - Sleep Improvement Program
The Three Pillars of Self-Care for Mental Health

Dr. Jacob Towery, psychiatrist, author, and adjunct clinical instructor in the Department of Psychiatry and Behavioral Sciences at Stanford University, defines self-care as "any act or habit that promotes sanity, rejuvenation, and/or joy."

While self-care activities can take many forms, Dr. Towery cites these three pillars of effective self-care practices for mental health:

- GETTING ADEQUATE SLEEP (7-8 HOURS FOR MOST ADULTS)
- ENGAGING IN VIGOROUS PHYSICAL ACTIVITY MULTIPLE TIMES PER WEEK
- DEVELOPING A DAILY MEDITATION PRACTICE

SLEEP: People who are sleep-deprived are at more risk for getting sick, are more irritable, are more prone to depression, and find it harder to concentrate. On the other hand, people with adequate sleep consistently tend to be happier and have better concentration and stronger immune systems in general.

VIGOROUS PHYSICAL ACTIVITY: People who get vigorous physical exercise multiple days per week tend to have healthier bodies, less anxiety and depression, tend to live longer and have fewer physical illnesses than people who are sedentary — who have more heart disease, depression, and tend to not live as long.

MEDITATION: The growing body of evidence on meditation, including a 2014 meta analysis, shows that consistent meditation can reduce levels of depression, anxiety, and pain.

Dr. Towery encourages everyone to develop a habit they are confident they will be successful in, no matter how small. "Meditation can be a great starting point, since it requires the least amount of time," says Towery. "Even if it’s just a few minutes a day, that’s a great starting point."

Take a moment to list the activities and habits that make you feel grounded, energized, and increase your sense of well-being. How often do you make time for these activities? Daily? Every week? Often enough to tip the scale toward joyful living?

See the complete interview, and gain more insight on implementing self-care practices in your life on the NEWS page at hip.stanford.edu.