# Health Improvement Program

## Fall Quarter 2019

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- New | Webinar: Contemplation by Design Summit Oct 30-Nov 7 Highlights 30
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. Mail or deliver payment to Health Improvement Program 3300 Hillview Ave. Ste 130, Palo Alto, CA 94304, interoffice mail code 5537.
- 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.

**SCHEDULE SCREENING AND ADVISING TO GET YOUR BEWELL INCENTIVE**

**DEADLINES APPROACHING**

**October 15:** Last day to start remote Screening and Advising option

**October 31:** Last day to complete Screening and Advising if doing Coaching or Commitment for the Engagement incentive

**November 30:** Last day to complete unfinished parts of the 2019 BeWell Program

bewell.stanford.edu
The Health Improvement Program is constantly looking for new, innovative ways to bring healthy living to the Stanford community and beyond.

**Four New Webinars**
- Ancient Wisdom for the Modern World: The Yin and Yang of Women’s Hormones Perimenopause to Menopause
- Creating a Culture of Psychological Safety in the Workplace
- Digital Wellness: Health Impacts of Wireless Technology
- Standing Tall for Life

**New In-Person Classes**
- Healthy Meal Planning for Busy Families
- How to Avert and Resolve Interpersonal Conflict to Strengthen Relationships
- The Knowing-Doing Gap: Applying Business Best Practices to Personal Well-being
- The Power of Gratitude
- The Road to Resilience: Overcoming Stress by Engaging Your Best Self
- Snacking Reinvented
- The Untapped Power of Forgiveness

**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
CONTEMPLATIVE PRACTICES

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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MINDFULNESS-BASED STRESS REDUCTION (MBSR)
*This class is co-sponsored with the Stanford Center for Integrative Medicine*

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 the text *Full Catastrophe Living* by Jon Kabat-Zinn.

**NOTE**: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Mark Abramson, DDS, is the founder and facilitator of Mindfulness-Based Stress Reduction programs at Stanford.

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**NOTE**: Saturday Retreat: November 2, 9:00am-5:00pm in Li Ka Shing Learning Center, Rm 130

NEW | THE POWER OF GRATITUDE
Experience how gratitude can help you build stronger, more fulfilling relationships, cherish life experiences, and increase your levels of joy and satisfaction.

In this 2-part class, you will learn to apply science-based gratitude practices and guided meditations to positively shift your perspective of yourself, others, and how you perceive your life.

These uplifting practices can clear mindsets of scarcity and feelings of insecurity, giving you access to strengths that you may have taken for granted. By recognizing that you have everything you need to accomplish what is important to you, you gain the confidence to respond to your challenges gracefully. As you cultivate greater levels of gratitude by integrating these techniques into your daily life, you naturally become happier and feel more fulfilled. By acknowledging and appreciating what you have, you become open to receiving even more.

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

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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.

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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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**NEW WEBINAR: DIGITAL WELLNESS: HEALTH IMPACTS OF WIRELESS TECHNOLOGY**

Are you concerned about excessive screen time for yourself or your family or the physical risks of radiation generated by cell phones and Wi-Fi? You are not alone.

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 webinar, 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.

**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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**SAFE AND CONFIDENT WINTER BIKING: KEEP RIDING DURING COLD, DARK, OR WET CONDITIONS**

When winter arrives and the days grow shorter, you might think the bicycling season is over, but 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, chief counselor for HIP's Active Transportation Counseling™, voting member of the City of Palo Alto Bicycle Advisory Committee, and an avid bicyclist.

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NEW | WEBINAR: ANCIENT WISDOM FOR THE MODERN WORLD: THE YIN AND YANG OF WOMEN’S HORMONES PERIMENOPAUSE TO MENOPAUSE

Traditional Chinese Medicine (TCM) can provide a framework for understanding women’s health and offer self-care methods to navigate the physiological changes that occur across the lifespan. In this noontime webinar, we will focus on the perimenopause to menopause transition. You will learn how the Taoist concept of yin and yang are used in TCM to identify your unique hormonal profile. You will discover nutritional and lifestyle techniques to support your body in the aging process and the natural waning of hormones, learn foundational tools to manage the root cause of hormonal imbalance, and be empowered to celebrate the shift towards the freedom phase of your life. This discussion will relate TCM concepts to modern day biomedicine and interweave this ancient wisdom with our modern understanding of physiology.

Instructor: Melinda Choy is a licensed acupuncturist and functional medicine provider in South Lake Tahoe, CA. She is the founder and CEO of a holistic family health care clinic and is a consultant for integrative medicine and acupuncture at the Barton Center for Orthopedics and Wellness.

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AWAKEN YOUR NATURAL VOICE

As we age, we can begin to experience a decline in our vocal strength and quality. Our voices may be raspier or thinner, and we may get out of breath more easily. Sometimes our voices deepen so that we lose the ability to use more vocal range, including those sweet higher pitches in speaking and singing.

In this 4-session class, you will learn a series of integrated breath, movement, and vocal exercises that can help you rediscover your natural, free voice. This pleasurable and relaxed process will invite your whole body to release the natural vitality and resonance of your voice, allowing you to discover new depth, range, and expressiveness in your vocal quality.

The valuable, practical techniques you learn in this course can be practiced in just 10 minutes a day to help you continue to improve the health and quality of your voice. Greater vocal control will help you relax and express yourself from a place of more presence, power, confidence, and ease.

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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AYURVEDA’S ALGORITHM: NATURE’S CODE

Ayurveda, India’s 5,000-year-old medical system, offers a precise, logical algorithm to understand your constitution and your imbalance. Learn how to get attuned with nature and apply Ayurvedic principles to your food and lifestyle choices.

This 1-day workshop will help you appreciate Ayurveda’s process by applying it to your own customized diet. You will even use an app that implements the algorithm to help you understand the foundations and building blocks for your customized diet.

Instructor: Geetanjali Chakraborty is a NAMA-Certified Ayurveda Clinical Specialist and an independent Ayurveda consultant. She was the dean of Ayurveda studies at Vedika Global, serving more than 300 clients. Prior to embarking on her Ayurvedic journey, Geetanjali had five years of molecular biology research experience at Georgetown University and Stanford University.

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WEBSHAR: BUILDING STRONG COMMUNITIES: STRATEGIES AND TOOLS FOR MAKING A DIFFERENCE

Many of us want to make a positive impact in the world, but it can be hard to know where to start or how to be effective. During this noonhour webinar, you will learn key advocacy skills that will help you put your good will into action and make a positive difference in your community.

Guided by the principles of community engagement and the Stanford HAAS Center’s 6 Pathways of Public Service, you will come away with an advocacy tool kit that will empower you to explore your own unique strengths and identify opportunities for applying these skills in your community.

Instructors: Christy Matta, MA, is the Wellness on Wheels manager for the Health Improvement Program and has worked in non-profits and local government overseeing programs for disadvantaged people and those with disabilities for more than 20 years. Joanne Ambras is a BeWell coach whose vision is to help end homelessness by creating productive relationships with community and campus organizations, engaging employees, and mentoring high school students who will become the next generation of advocates.

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FOUNDATIONS OF HEALING TOUCH – COURSE 1

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 1, you will learn techniques to use on yourself, your family and friends, and to incorporate into your professional practice if you are a health care provider. Healing Touch recipients report effects ranging from deep relaxation to a more vivid sense of mind-body-spirit connection, and many people report significant relief from physical pain. Healing Touch comes from an energetic perspective and is proving to be very effective as a complementary modality in the medical environment. Currently, Healing Touch is being used in several capacities at Stanford University Medical Center.

This class is open to registered nurses, health care providers, and anyone who is interested in learning more about energy work and healing. This is the first class in the Healing Beyond Borders HTI Certification program and provides 18 continuing education contact hours for nurses. Cost includes textbook used in all 5 courses of Healing Touch.

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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HEALTH ENRICHMENT

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 capped at 20 students, allowing for lots of hands-on guidance and individualized feedback. Each participant receives a private online follow-up session with Kathleen O’Donohue, 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. Kathleen O’Donohue is a qualified Gokhale Method teacher. Trained as a primary care Physician Assistant (PA), Kathleen has studied and practiced health and wellness for decades, with a focus on women's healthcare, elder care, and community health education.

Two dates and locations to choose from:

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HEAR YOUR HEART SPEAK WITH EMBODIED STORYTELLING

Can finding and telling your own story be an act of wellness and healthy transformation?

Research has shown that expressing our deeply held stories through language and other creative modalities can improve immune system and lung function, diminish psychological distress, and enhance relationships and social role functioning. Come and explore your own expressions in this introduction to embodied storytelling.

In this 6-week class, you will engage in playful, creative, interactive exercises using your whole body, mind, and soul in vocal sound, movement, imagination, and listening, all in a supportive environment.

At the end of the course, you will be able to engage in multiple modes of expression such as speaking, movement, sound, and gesture in telling stories of personal significance. You will also learn ways of witnessing and supporting others in a creative process, learn specific practices for engaging in playful creative expression, and personally experience the energy, resilience, and healthy transformation that can come through storytelling.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Lisa Chu, MD, is a multidisciplinary artist, performance creator, and SoulBodyMind life coach. She enjoys encouraging people to recognize and explore their creative potential, which she herself has explored through research and practice at the intersection of expressive arts and healing for the past decade and performing arts and teaching for the past 3 decades.

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<td>$200 ($190/ex: yes)</td>
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NEW | HOW TO AVERT AND RESOLVE INTERPERSONAL CONFLICT TO STRENGTHEN RELATIONSHIPS

Interpersonal conflict can be a significant source of stress. By implementing positive psychology tools and concepts, you can learn to proactively avoid pitfalls and responsively resolve conflicts, resulting in reduced personal anxiety and enhanced, more meaningful relationships.

In this 1-day course, we will discuss, practice, and apply evidence-based positive psychology concepts and tools, including meditation, mindfulness, presence, empathy and compassion for yourself as well as others, emotional and social intelligence, gratitude, forgiveness, and nonviolent communication. You will learn to effectively assess and resolve conflict, whether it’s just brewing, acute, or on-going.

Equipped with a strong, positive psychology skillset, your awareness will increase, as well as your ability to regulate the thoughts, emotions, mindsets, and language that impact the health and quality of your most valued relationships. The skills learned in this course can benefit most interpersonal relationships, including married couples, romantic partners, siblings, parents and children, relatives, friends, colleagues, roommates, and others.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructors: Donnovan Somera Yisrael, MA, is the senior health educator for Well-Being at Stanford and a grief educator/facilitator with Kara in Palo Alto, bringing a positive psychology and emotional intelligence perspective to all his teaching.
Farshid Oshidari is a lecturer with the LifeWorks Integrative Learning Program at Stanford. He has been involved in the development and teaching of positive psychology academic courses related to wellness for Well-Being at Stanford, Continuing Studies, the Graduate Summer Institute, and LifeWorks programs.

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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.

As a part of this course, participants will receive a code for the Clifton StrengthsFinder assessment. Participants 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 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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NEW | THE KNOWING-DOING GAP: APPLYING BUSINESS BEST PRACTICES TO PERSONAL WELL-BEING

In their ground-breaking book *The Knowing-Doing Gap: How Smart Companies Turn Knowledge into Action*, Stanford professors and authors Jeffrey Pfeffer and Robert I. Sutton discuss why our actions often don’t match our ideals and what we can do about it. Almost 20 years later, the insights from this book still ring true. And while the authors’ research is drawn from the corporate world, many of their take-aways apply for individuals as well.

You are invited to join Jeffrey Pfeffer for a presentation and panel discussion of the key elements of the Knowing-Doing Gap and how they apply to the health and wellness choices we make as individuals. The panelists will discuss the key components to successfully translating knowledge into sustainable behavior change, such as building upon successively more ambitious short-term goals that fit into the realities of people’s existing routines, identifying barriers to success, and modifying goals when we experience inevitable setbacks. All attendees with paid registration will receive a copy of the book. The event will be followed by an optional tour of the new Stanford Recreation and Wellness Center.

**Presenter:** Jeffrey Pfeffer, PhD, is the Thomas D. Dee II professor of organizational behavior at the Graduate School of Business at Stanford, where he has taught since 1979, as well as the author or co-author of 15 books.

**Moderator:** 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.

**Panelists:** Marguerite Kunze, PhD, is the associate vice president of Talent Management and Workforce Strategy at Stanford. Jackie Bertoldo, MPH, RDN, is the assistant director of Food Choice Architecture & Nutrition at Stanford Residential and Dining Enterprises. Deborah Balfanz, PhD, is the program manager for the Health Improvement Program behavior change classes and also provides individual wellness coaching.

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Please join us for a presentation by:

Jeffrey Pfeffer, PhD
Stanford Graduate School of Business

with interactive reactor panel featuring:

Marguerite Kunze, PhD, Associate Vice President, Talent Management & Workforce Strategy, Stanford University

Jackie Bertoldo, MPH, RDN, Assistant Director of Food Choice Architecture & Nutrition, Stanford University

Debbie Balfanz, PhD, Behavior Change Specialist
Stanford Health Improvement Program
OH, FOR A GOOD NIGHT’S SLEEP: USING MINDFULNESS TO REGULATE YOUR SLEEP AND YOUR LIFE

Discover how the simple practice of mindfulness can help transform your lifestyle habits to set the stage for a peaceful night’s sleep. In this 3-session class, we will review core aspects of wellness—sound sleep, stress reduction, consistent exercise, and healthy eating—and learn how the quality of these fundamental activities affects each moment of our day. Experience guided meditations that will help you feel calmer and improve your ability to cope with the typical stressors of daily life. You will learn current guidelines for good sleep hygiene and the most common causes of difficulty falling asleep or nighttime wakefulness. Class activities will include goal setting for implementing healthy sleep habits, tracking sleep patterns, and assessing results.

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.

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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 1:1 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.

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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REFRESH, RESTORE, RENEW

Feeling pressed for time? Join the majority! Treat yourself to a special noontime class to reconnect with your priorities and learn how to use your precious 24/7 in a more meaningful way.

In a give-and-take setting, you can learn how to be effective and fulfilled both at work and at home. Take time to catch your breath, do some thinking about your work and life plans, and consider new solutions. We will explore how to juggle time and responsibilities and how to identify time savers and time wasters all based on your values. By reconnecting to the things that are significant in your life, you can stay whole, healthy, and enjoy your life and your loved ones.

Instructor: Linda Hawes Clever, MD, is a Stanford graduate, former associate dean of alumni affairs, a clinical professor of medicine at UCSF, and a member of the Institute 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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SITTING COMFORTABLY AT YOUR COMPUTER STATION: GROUP INTRODUCTION

Sitting hunched over a computer can wreak havoc on your body. Fortunately, having appropriately fitting equipment and using it properly can make all the difference. This introductory group class will explore concepts that can be applied by anyone while at their workstation to reduce sources of tension and pain caused by poor workstation set up and habits. In this 1-hour class, you will improve awareness of habits for workplace sitting and standing by using a series of questions and visualizations specifically designed to identify possible areas of improvement. In addition, you will learn movement exercises and adjustments which fine tune your physical experience while sitting and standing. These exercises can be applied immediately at any workstation. Those who want customized attention at their own workstation have the option of signing up for an individual session when they are ready.

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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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 class 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 2019 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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SPINEFULNESS – PLUS FOCUS ON NECK, SHOULDERS, ARMS, AND HANDS

Whether you are suffering in your neck, feet, or joints, the Spinefulness approach will guide you to replace patterns of wear and tear with habits that restore joints. Sit with ease, drive in your car without pain, or stand happily in line at the grocery store. Tap into the healing potential of gravity in any moment of the day, anywhere you are.

This 4-session class combines the foundational Spinefulness class with an extra class that pays special attention to your neck, shoulders, arms, and hands. You will learn body awareness and corrections that can bring relief from mechanically-based joint and back pain, small but critical position shifts that will enable tension release in your neck and shoulders, and correct shoulder blade placement that can relieve pain in your hands. Please wear loose, comfortable pants to class, i.e. no jeans.

Instructor: Jean Couch is founder of the Balance Center and the author of The Runner’s Yoga Book. For more than 25 years, she has been involved in empirical research studying populations of people who have no back or joint pain.

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NEW | WEBINAR: STANDING TALL FOR LIFE

Good posture matters. It keeps bones and joints in alignment so that muscles are used properly and we can sit, stand, and move with ease. Proper alignment reduces friction and abnormal wear on joint surfaces, decreases the stress on ligaments holding joints of the spine together, and prevents backache and muscular pain.

While postural habits and patterns established early in life can affect us throughout the years, it is never too late to develop healthy new habits to promote wellness. In this 1-hour webinar, you will learn how posture affects health and what you can do to improve and maintain good posture. We will compare and contrast the effects of poor postural alignment vs correct alignment in daily activities, explore how postural awareness affects balance and strength, and identify the top 10 benefits of maintaining proper body alignment. We will also address the multiple benefits of balance training including fall prevention as it relates to bone and joint health.

Instructor: Kerry Spear has been a certified Pilates instructor and ACE Personal Trainer in Palo Alto, CA, since 2000. A Post-Rehabilitation Pilates Practitioner through Polestar International, she is uniquely able to assess and create appropriate movement programs for clients and groups of all fitness levels.

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TENDING YOUR FALL GARDEN

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

Plant your winter garden this fall! Gardening provides a wholesome activity that promotes the health of both mind and body. Experiencing the contemplative activities of gardening and interacting with nature can help one to relax, unwind, reflect, and restore. And not least, gardening nourishes us with fresh vegetables and fruits.

Join us in this 4-session class at the O’Donohue Stanford Educational Farm at this very transitional time of the year where we can still enjoy and be inspired by autumn’s bounty around us while we prepare the soil and ourselves for another healthy season.

You will learn how to grow winter vegetables and about crop rotation throughout the seasons to maintain healthy garden beds as well as how to enhance the harmonious experience of connecting with nature by practicing mindfulness in the garden.

NOTE: This class qualifies for a 2019 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 University of Wisconsin, Madison.

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**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. Stress builds, it seems exponentially, the shorter we feel on time.

In this 2-week 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 long-term 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 SELF-CARE PRINCIPLES AND PRACTICES**

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Traditional Chinese Medicine (TCM), is a 1-day workshop 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 2019 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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WELLNESS COACHING

Are you eager to make lasting change in an important area of your well-being?

What wellness coaching is:

During these 5 wellness coaching sessions, you will work 1:1 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, usually conducted via phone, with the option of doing it in-person. The initial session is followed by 4 subsequent 15-30 minute telephone conversations.

What wellness coaching is NOT:

Unlike personalized nutrition coaching, fitness design or stress reduction, wellness coaching is for individuals who have an interest in making broader life changes. While participants are welcome to work on making changes to their eating, physical activity, 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 focused discussion on food/nutrition or stress, please consider registering for Personalized Nutrition Coaching 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.

Coach: 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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Coach: 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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<td>Phone</td>
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Coach: 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.

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**NEW | HEALTHY MEAL PLANNING FOR BUSY FAMILIES**

We all know that preparing meals at home can increase the likelihood of eating healthy, but when your day is already packed with obligations, it can be hard to find the time. It can be even harder when you are trying to accommodate family members or others with a myriad of different food preferences or dietary concerns.

Join us for a noontime class to take the guesswork out of meal planning and learn strategies to make mealtime a pleasant experience for everyone. You will learn how to find commonalities in the eating and food preferences of each family member that can be consolidated into an overall family eating plan, strategies for giving kids choices at mealtime as well as structure for healthy lunches, and tools for choosing wisely when eating out.

We will also cover time-saving short cuts for grocery shopping and meal prep and fun ways to involve kids in the process. There will be time for a guided exchange of ideas and realistic ways to make healthy meal planning a part of your life.

**Instructor:** 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. Assistant Instructor: Kirsten Olshan is a coach with Stanford BeWell and has been teaching for the Health Improvement Program and Wellness on Wheels since 2014. She has 25 years of experience as a personal trainer and classical Pilates educator and is pursuing a master’s in exercise science and health promotion with a focus on nutrition from California University of Pennsylvania.

**Day** | **Date** | **Time** | **Location** | **Fee** | **Code**
--- | --- | --- | --- | --- | ---
MON | 10/21 | 12:00-1:00pm | Stanford Redwood City (SRWC), Cardinal Hall, Rm 145 | $35 | emp-01

**HOLIDAY EATING – BREAKING THE CYCLE**

Fall is around the corner and so are the winter holidays! This time of year we may look forward to joyful experiences and time spent with loved ones, yet many of us also anticipate what can feel like the inevitable accompaniment to all these good times... too much food, drinks, sweets, and the resulting unhealthy yo-yo weight cycling.

How can we set ourselves up for a healthier holiday season? One where we gain joy and memories, but not weight? Join this noon hour class to learn how to “maintain, not gain” during the 2019 holiday season.

You will learn:
- How to navigate holiday dinners and buffets
- How to apply the hunger/fullness scale to prevent overeating
- How to practice mindful eating to be intentional about food choices
- How to make healthier versions of your favorite holiday treats

**Instructor:** Christina Becker, MPH, RDN, CHCW, has more than 14 years of experience working in dietetics, corporate wellness, and health and wellness coaching. She is a graduate of the Integrative Health and Lifestyle program at the Arizona Center for Integrative Medicine and is a certified Hatha yoga instructor.

**Day** | **Date** | **Time** | **Location** | **Fee** | **Code**
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FRI | 11/8 | 12:00-1:00pm | Alway Building, Rm M114 | $35 | hebc-01
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 2019 BeWell Engagement incentive

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<tr>
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<td>Self-paced</td>
<td>$250 (STAP/EA: YES)</td>
<td>kurbo-30</td>
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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.

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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<tr>
<td>MON-FRI</td>
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<td>$250 (STAP/EA: YES)</td>
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</table>
PERSONALIZED NUTRITION COACHING

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 these 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.

Coach: 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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<tr>
<td>WED &amp; FRI 8:00am-4:00pm &amp; THU 12p-4p appts.</td>
<td>Phone/video chat</td>
<td>$275 (stap/ea: yes)</td>
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Coach: 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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<td>Phone</td>
<td>$275 (stap/ea: yes)</td>
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Coach: 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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<td>Phone</td>
<td>$275 (stap/ea: yes)</td>
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Coach: Soowon Kim, PhD, MS, ACC, is a nutrition epidemiologist and a certified coach. She approaches nutrition coaching from a broad perspective, appreciating the impact of biological, behavioral and contextual factors on individuals’ food choices and health. She will assist you in setting your own goals around lifestyle and behaviors that will maximize your nutritional potential. She is happy to discuss aspects of food and nutrition employing assumption-free, nonjudgmental, and open communication as you explore and shape your wellness journey as a whole person.

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<tr>
<td>MON-FRI appts.</td>
<td>In person or phone</td>
<td>$275 (stap/ea: yes)</td>
<td>pnc-04h</td>
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Coach: Natalie Lavorato is a nutritionist with over 10 years of experience working as a health educator. Formally a Stanford BeWell coach, she is passionate about helping others tackle such issues as weight management, heart disease prevention, nutrition for athletic performance and glucose management. Natalie can help you to make lasting lifestyle changes by beginning with small sustainable steps or simply improve on an already healthy lifestyle.

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<td>In person/phone/video chat</td>
<td>$275 (stap/ea: yes)</td>
<td>pnc-04f</td>
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</table>

Coach: 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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NUTRITION & WEIGHT

NEW | SNACKING REINVENTED
Healthy snacks can help with a variety of wellness related desires like improving nutrient intake, managing appetite, and stabilizing mood and energy levels. With a typical grocery store offering more than 30,000 items, the number of choices can be overwhelming and may leave us confused about what to try and how to identify healthy options.

Bring your taste buds to this one-hour tasting event for a chance to explore exciting new and healthy snack options. You will identify your personal reasons for snacking, practice savoring techniques to better taste and appreciate new foods, and learn strategies to choosing nutrient-dense snacks that can be applied to everyday food and snack choices. You’ll walk away with samples of satisfying snacks and the tools you need to add healthy snacking to your diet.

Instructor: Jennifer Waldrop, MPH, RDN, has worked as a registered dietitian and behavior change specialist for 15 years with a variety of communities including Stanford students, Kaiser researchers, app developers, and in corporate wellness clinics.

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WEIGHT MANAGEMENT: STARTING THE JOURNEY
This 8-week program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices, you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work.

Each class will consist of individual health behavior goal setting, group discussion, and activities. All interested individuals are required to engage in a short phone call with the facilitator before registering to ensure that the class is the right fit for them.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Facilitator: Debbie Balfanz, PhD, is the group behavior change program manager for the Stanford Health Improvement Program and has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002.

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WHY DID I EAT THAT – AGAIN?
You have probably asked yourself that question even if you know better and even if you are not overweight. Do you feel like there is a spell that comes over you in the presence of certain foods? Do you wonder why it is so easy to overindulge and hard to resist certain foods? This class will discuss how the brain processes stimuli in the presence of food cues and how it drives behavior in the “cue-urge-reward” habit cycle.

Learn how the food industry works to stimulate our appetite by manipulating fat, sugar, and salt in our foods. Participants will gain useful tools and skills needed to craft a personal plan based on proven techniques that will allow them to replace chaotic eating with more mindful and satisfying choices. We will explore how to establish a healthy and pleasurable relationship with food rather than solely a weight-focused approach.

Instructor: Joyce Hanna, MA, MS, is the associate director of the Stanford Health Improvement Program and the director of Living Strong Living Well program for cancer survivors. She is an exercise physiologist, nutritionist, and behavioral health consultant.

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**NEW | 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 2019 BeWell Engagement incentive

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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/

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

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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 and locations to choose from:

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<td>1:00-5:00 pm</td>
<td>Arrillaga Outdoor Education and Recreation Center (AOERC), Rm 103B</td>
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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 2019 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.

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 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.

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.

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NEW WEBINAR: 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 webinar, 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 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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<td>12:00-1:00pm</td>
<td>At your computer/device</td>
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ENHANCING RESILIENCE BY CULTIVATING A CONTEMPLATIVE LIFESTYLE

You can develop daily lifestyle habits that promote the resilience-building benefits of contemplative practices. Resilience is the ability to efficiently bounce back after hard times and adapt well to change, and more importantly, to learn from both. Resilience increases a person’s capacity to manage stress, deal with difficult feelings, and effectively handle whatever comes their way. Thus, resilience supports professional excellence.

Fifty years of research has shown that resilience can be enhanced by contemplative practices such as mindfulness, self-compassion, breathing, reflection, quieting the thinking mind through gentle movement, gratitude, journaling, awareness-awakening nature walks, and experiencing membership in something larger than your individual life.

This 2-session workshop, in conjunction with Stanford's 2019 Contemplation By Design (CBD) Summit, October 29–November 7, will equip you with tools from the science of behavior change for creating or strengthening your contemplative lifestyle routine. Enjoy developing a personal resilience-building lifestyle action plan during these two 1-hour sessions. Learn ways to deepen and enhance your engagement with the numerous contemplation-related opportunities offered in the CBD Summit and thus maximize the benefits you receive from the free Summit sessions you attend.

Separate registration in four of the FREE Contemplation By Design summit sessions is required as part of this class. Please register for your choice of Contemplation By Design summit sessions at https://contemplation.stanford.edu/summit.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Tia Rich, PhD, is the founder and director of Contemplation by Design and the manager of resilience, stress management, and contemplative practices at the Stanford Health Improvement Program.

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NOTE: no class 10/29 and 11/5
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 2019 BeWell Engagement incentive

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<tr>
<td>THU</td>
<td>10/3-10/31</td>
<td>4:00-5:30pm</td>
<td>Webb Ranch, 2720 Alpine Rd, Portola Valley</td>
<td>$325 (stap/ea: yes)</td>
<td>srph-01</td>
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</tbody>
</table>

EQUINE-IMITY: SOMATIC HORSEMANSHIP – 1-HOUR INDIVIDUAL SESSION

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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<tr>
<td>MON-THU</td>
<td>appts. 10:00am-2:00pm</td>
<td>Webb Ranch, 2720 Alpine Road, Portola Valley</td>
<td>$125 (stap/ea: yes)</td>
<td>srphi-04</td>
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Instructor: Beverley Kane, MD, is an integrativemedicine 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.

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 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,
- and align our values, passions, and gifts with purpose.

In class, you will develop your own Purpose Statement and plan of action for living a healthy, more purpose-driven life.

**NOTE:** This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Jayna Rogers, MPH, is a Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. 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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<td>FRI</td>
<td>11/1-11/22</td>
<td>12:00-130pm</td>
<td>Alway Building, Rm M114</td>
<td>$200 (stap/ea: yes)</td>
<td>lpw-01</td>
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</table>
MANAGING STRESS – IN THE MOMENT
Have you ever wished that you had responded differently to a difficult situation? Does stress from your commute, work, and family impact your behavior and affect those around you? By understanding how stress works and managing your reactions to stress, you have the ability to transform your world.

We have all learned that there are many ways to reduce stress via exercise, meditation, and being with loved ones. Yet often, when we are experiencing a stressful situation, we cannot take time out right then to go for a run or do yoga. Instead, we must 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 response, and move swiftly out of stress and into actionable resolve.

In this 1-hour class, you will learn the physiological and psychological symptoms and impacts of stress, techniques for unhooking from endless rumination and worry, and techniques for immediately decreasing the intensity and duration of the stress response.

Instructor: Elizabeth Skolnik is a National Board Certified Health & Wellness Coach (NBC-HWC) and a Certified Professional Co-Active Coach (CPCC). She brings her experience in wellness and life coaching to the Stanford BeWell Program and the Stanford Health Improvement Program. Elizabeth has a long career working with individuals wishing to make lasting behavior change in the areas of stress management, wellness, decision making, emotional regulation, and living a more balanced life.

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<td>MON</td>
<td>10/28</td>
<td>3:30-5:00pm</td>
<td>Stanford Redwood City (SRWC), Cardinal Hall, Rm 145</td>
<td>$45 (stap/ea yes)</td>
<td>msim-01</td>
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PERSONALIZED COACHING TO IMPROVE SLEEP
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 online coaching sessions available. You will be contacted within 5 days of registration for scheduling.

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.

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<tr>
<td>TUE 2:00-3:00pm &amp; 5:00-6:00pm &amp; WED pm</td>
<td>In person/video chat</td>
<td>$275 (stap/ea yes)</td>
<td>pcis-04a</td>
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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. You will be contacted within 5 days of registration for scheduling.

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.

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<tr>
<td>TUE 2:00-3:00pm &amp; 5:00-6:00pm &amp; WED pm</td>
<td>In person/video chat</td>
<td>$275 (stap/ea yes)</td>
<td>psrc-04b</td>
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STRESS & RESILIENCY

NEW | THE ROAD TO RESILIENCE: OVERCOMING STRESS BY ENGAGING YOUR BEST SELF

It is impossible to live life without some exposure to stress. But research has shown that by changing how we think and act in response to stress, we can build resilience and achieve more positive outcomes in the face of adversity.

In this 1-hour workshop, you will learn evidence-based mindset interventions, explore thinking strategies that turn stress into courage, and practice exercises designed to change the body’s stress response and foster emotional resilience. You will leave with key strategies to think and act with resilience, including developing bigger-than-self mindsets and connecting to our common humanity.

Instructor: Christy Matto, MA, is the Wellness on Wheels manager for the Health Improvement Program. She is intensively trained in Dialectical Behavior Therapy, a cognitive behavioral treatment designed to help people with intense emotional experiences, and has presented nationally and internationally on the topic of emotional regulation and resilience.

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<td>MON</td>
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<td>12:00-100pm</td>
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<td>$35</td>
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THRIVING THROUGH CHANGE AND LIFE’S TRANSITIONS

Look on every exit as being an entrance somewhere else. –Tom Stoppard

Any major life transition can bring a bundle of mixed emotions: concerns about letting go and of loss; uneasiness around process and the unknown; and curiosity and hope for new beginnings. We know change is a constant in life, but the way we deal with all the aspects of change defines the personal development and growth that we can gain in the process.

In this 2-session workshop, we will provide you with scientifically proven methods and tools (such as short writing assignments, mindfulness practices, and guided interactive group discussion) on how to embrace life transitions with energy and focus, how to understand and work with the challenging emotions of change, how to develop a new sense of purpose, and how to find growth in the midst of change.

Instructor: Susan Saba, MPH, is the lead coordinator for athletics research and education at the Stanford Center for Clinical Research and has worked at the Stanford Prevention Research Center as a social research professional on health outcomes and chronic disease prevention. She has a background in educational program planning, group facilitation, and health behavioral change and has experience as a health instructor on various wellness topics.

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<tr>
<td>FRI</td>
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<td>12:00-100pm</td>
<td>Environmental Health &amp; Safety, 480 Oak Rd, El Capitan Conf Rm</td>
<td>$70</td>
<td>itw-01</td>
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</table>
NEW | THE UNTAPPED POWER OF FORGIVENESS

The importance of practicing forgiveness has been extolled for centuries, but only recently has research demonstrated that forgiveness can reduce anger and depression as well as enhance hopefulness and self-efficacy.

In this class, you will experience the power of forgiveness through the short film “Admissions,” by John Viscount. Winner of 25 international awards, “Admissions” stars Academy Award nominee James Cromwell and tells a life-changing tale about what it takes to find lasting peace, even in the most conflict-ridden regions of our planet.

After viewing the film, Viscount will be joined by Fredric Luskin, director of the Stanford Forgiveness Project, who will lead a discussion on the value and limits of forgiveness as a response to interpersonal hurt as well as a guided practice in forgiveness methods that you can apply in your everyday life. Bring your tissues and prepare to be moved!

Instructors: Frederic Luskin, PhD, is a senior consultant in health promotion at Stanford University, the director of the Stanford Forgiveness Project and author of Forgive for Good. John Viscount is a filmmaker, author, and peace strategist who lives in Southern California.

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<tr>
<td>Wed</td>
<td>10/9</td>
<td>5:30-7:00pm</td>
<td>Kissick Auditorium, 641 Campus Drive</td>
<td>$55 (stap/ea: yes)</td>
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STRESS & RESILIENCY

WISDOM THERAPY – ALL WE NEED IS LOVE, AND WISDOM

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships, 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 2019 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 https://www.wisdomtherapy.com.

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<td>Sat</td>
<td>10/12</td>
<td>9:00am-5:00pm</td>
<td>Lathrop Library, Rm 299</td>
<td>$200 (stap/ea: yes)</td>
<td>wtr-01</td>
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BEWELL ENGAGEMENT CLASSES

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

This fall we have **14** Healthy Living classes that qualify for the highest BeWell Engagement incentive of $260. Class topics range across the health categories so that you can find a topic most meaningful to you. Like all of HIP Healthy Living classes, these classes draw from the sciences to provide the most effective and enjoyable approaches to well-being. Each class is designed to educate and provide skills that support sustainable, health-enhancing behaviors. Both in-person and online Engagement classes are available.

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

For more information about the class option for BeWell Engagement, please go to [bewell.stanford.edu](http://bewell.stanford.edu)

### In-Person Classes

- Enhancing Resilience by Cultivating a Contemplative Lifestyle (p.24)
- Equine-imity: Stress Reduction in the Company of Horses (p.25)
- Hear Your Heart Speak with Embodied Storytelling (p.10)
- How to Avert and Resolve Interpersonal Conflict to Strengthen Relationships (p.11)
- Life Purpose Workshop: Exploring Purpose for Health, Happiness, and Longevity (p.25)
- Mindfulness-Based Stress Reduction (MBSR) (p.5)
- Tending Your Fall Garden (p.15)
- Traditional Oriental Medicine Self-care Principles and Practices (p.16)
- Weight Management: Starting the Journey (p.21)
- Wisdom Therapy (p.28)

### Online Classes

- Better Choices Better Health Digital Program for Health Conditions Self-management (p.22)
- Kurbo – Simple “Traffic-light” Weight Loss Program (p.19)
- Omada™ Online Weight-Loss Program for Prevention of Diabetes & Heart Disease (p.23)
- Sleepio – Digital Sleep Improvement Program (p.14)
The Contemplation by Design Summit is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause.

Each event is designed to bring the Stanford community together in experiencing the importance of quieting the striving mind and refreshing oneself through quiet contemplation. Summit participants learn practical skills for resting, reflecting, renewing—and thus sustaining—wise, purposeful engagement in learning, teaching, research and service.

**PLEASE JOIN US**
**OCTOBER 29TH - NOVEMBER 7, 2019**

For the free Contemplation by Design Summit, which will include:
- 38 guided meditations,
- 3 concerts,
- 4 campus contemplative walks,
- 4 keynote sessions with distinguished guest experts in the fields of medicine, education and journalism,
- a conversation with a congressman speaking about a mindful nation,
- and more.

The Contemplation by Design Summit is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause.

Each event is designed to bring the Stanford community together in experiencing the importance of quieting the striving mind and refreshing oneself through quiet contemplation. Summit participants learn practical skills for resting, reflecting, renewing—and thus sustaining—wise, purposeful engagement in learning, teaching, research and service.

**ALL 100 SUMMIT SESSIONS ARE FREE. REGISTRATION IS REQUIRED.**

**SEE FULL SUMMIT SCHEDULE AND REGISTER AT:**
contemplation.stanford.edu/summit

**HIGHLIGHTS OF THE SUMMIT ARE FEATURED ON THE FOLLOWING PAGES.**

**JOIN US FOR THE OPENING SESSIONS TO DISCOVER THE EXPERIENCES OFFERED IN THIS SUMMIT.**

**CONTEMPLATIVE SKILLS FOR P.E.A.C.E. WITH TIA RICH, PhD**

Welcome to the 2019 Contemplation by Design Summit. In this session, we will begin to experience renewal, peace of mind and well-being by pausing to quiet the striving mind, engage the senses, relax and replenish. We will explore the fundamental role of contemplative practices in creating a life of sustained excellence, service, joy, compassion, wisdom and health — a life lived fully. Learn practical evidence-based contemplative skills for enjoying the power of the pause. Activities will cultivate the 5 states of P.E.A.C.E. — Pause, Exhale, Attend, Connect, and Express — that support 5 P.E.A.C.E. traits — Prosociality, Equanimity, Altruism, Compassion, and Ethics. In addition to the P.E.A.C.E. framework that is the fundamental architecture of Contemplation by Design, the 2019 Summit sessions will follow an arc focused on 4 Ps: Presence, Practice, Perspective, and Public Service.

**Tia Rich, PhD, Director, Contemplation by Design (CBD),** has been integrating contemplative practices into resilience, stress management and career training programs at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

**Tue. Oct 29, 1:00pm-2:00pm**
Stanford Redwood City Campus
Cardinal Hall Rooms 104-105

**Wed. Oct 30, 12:30pm-1:30pm**
Building 320, Room 105,
Geology Corner Auditorium, Stanford Main Quad
Guided Meditation sessions are provided in the mornings and evenings throughout the ten-day Summit at locations on the main and satellite Stanford campuses. Participants are offered the opportunity to experience and learn about contemplative practices that cultivate each state of P.E.A.C.E.—Pause, Exhale, Attend mindfully, Connect with nature, yourself and others, and Express P.E.A.C.E.—Prosociality, Equanimity, Altruism, Compassion, and Ethics. The Guided Meditation leaders share their insights and wisdom born from their own backgrounds in modern secular, neuroscience and/or spiritual traditions, including Mindfulness-Based Stress Reduction, Centering Prayer, Christianity, Judaism, Islam, Buddhism and Hinduism.

For the full list of the Summit’s 38 GUIDED MEDITATIONS please see contemplation.stanford.edu/summit

**P.E.A.C.E. GUIDED MEDITATIONS 7:45AM-8:30AM**

**Morning meditation sessions led by Health Improvement Program instructors include:**

**Wed. Oct. 30** - Education Center, Vaden Health Center, 866 Campus Drive, Stanford, and
**Wed. Nov. 6** - Stanford Children's Health, 4100 Bohannon Drive, Room 120, Menlo Park

A simple way to bring mindfulness practice into your life is with awareness of your body. This session provides a calm, balanced start to your day through mindful breathing and exercises that bring openness and connection to your body. **Christy Matta**, BeWell Coach, HIP Wellness Manager at Stanford, and Author of *The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger, and Other Symptoms of Stress*.

**Wed. Oct. 30** - SRWC, Contemplative Space, Room 120, Recreation and Wellness Center, 900 Warrington Avenue, Redwood City, and
**Thu. Oct. 31** - Interfaith Chapel/Sanctuary, in the Wellness Center, 4th Floor, new Stanford Hospital, 500 Pasteur Drive, Palo Alto

Rejuvenate from your life source and inner being by discovering how to become centered in the moment—Here-Now—using your senses as a doorway. Learn to set your worries aside, unplug from non-stop thinking and enjoy a peaceful, clear mind. **Tarika Lovegarden** is an author, founder and meditation teacher at Lovegarden Meditations, and an instructor at the Health Improvement Program.

**Fri. Nov. 1** - Alway Building, Room M211, 300 Pasteur Drive Stanford

This guided meditation takes one through the practice of mindful awareness using the awareness of breathing as an anchor for staying in the moment and tuning into the sensory experiences of the body, of sounds, and even of thoughts that arise as one pays attention within oneself. **Mark Abramson**, DDS, DABOP, DABDSM, DABOM, FAACP, TMJ and Dental Sleep Medicine, Adjunct Professor of Psychiatry and Behavior Sciences at Stanford University School of Medicine, Director of Stanford Mindfulness-Based Stress Reduction Clinic.

**Fri. Nov. 1** - Donald Kennedy Room, Haas Center for Public Service, 562 Salvatierra Walk, Stanford

Practices will focus on enhancing the positive qualities of awe, gratitude, and compassion. **Fred Luskin**, PhD, Director of the Sanford University Forgiveness Project, Senior Consultant in Health Promotion at Stanford, Professor at the Institute for Transpersonal Psychology, Affiliate Faculty member of the Greater Good Science Center.

**Fri. Nov. 1** - SLAC, Sonoma Room, 2575 Sand Hill Road, Menlo Park, and
**Tue. Nov. 5** - SRWC, Contemplative Space, Room 120, Recreation and Wellness Center, 900 Warrington Avenue, Redwood City

Learn the technique of focusing the breath on letting go. This practice can be repeated many times throughout the day in order to de-activate stress reactivity and produce calm in the present moment. **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.

**Wed. Nov. 6** - SRWC, Contemplative Space, Room 120, Recreation and Wellness Center, 900 Warrington Avenue, Redwood City

This magnificent mindfulness journey will start with simple body energizing exercises to help focus the mind and the body, followed by a guided meditation that includes centering breathing and visualization, and ends with a writing or drawing opportunity. **Dominique Del Chiaro**, MEd, is the Senior Manager of the Healthy Living Programs at Stanford Health Improvement Program, a Transpersonal Life Coach, Wellness Educator and Hula Instructor. She's been an avid meditator for over 25 years.
**Key Notes and Featured Conversations in Contemplation by Design Summit**

**Aware: The Science and Practice of Presence with Dan Siegel, MD**

This lecture provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one’s day-to-day life. An in-depth look at the science that underlies meditation’s effectiveness, this lecture will teach viewers how to harness the power of the principle “Where attention goes, neural firing flows, and neural connection grows.” Siegel reveals how developing a Wheel of Awareness practice to focus attention, open awareness, and cultivate kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress in your life. Whether you have no experience with a reflective practice or are an experienced practitioner, *Aware: The Science and Practice of Presence* will help you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and the everyday challenges life throws your way.

**Jack Kornfield in Conversation with Tim Ryan about his book Healing America (previously titled A Mindful Nation)**

Jack Kornfield and Congressman Tim Ryan will discuss the role of stillness, quiet, contemplation and mindfulness in the dynamic process of Healing America, as described in Ryan’s book by that title. Mindful magazine in April 2019, asked Congressman Tim Ryan whether he thinks mindfulness can heal the fractured civil discourse that is rampant today. Ryan replied: “I believe finding ways to be quiet together will be fundamental to the healing process. I’m hoping that we can get people on both sides of the aisle to move away from the turbulence that is dominating the surface of our politics, and the media covering our politics. Let’s get to a little bit of a deeper place where we can reconnect to some better values, American values. Values grounded in the Constitution and the founding documents: providing for the general welfare, providing for the common defense—these are the values in our country that we need to get back to.”

**Keynote—Meditation For Skeptics; Dan Harris, author of 10% Happier, in Conversation and Q&A with the Rev. Dr. T.L. Steinwert**

“We all have a voice in our head. It’s what has us losing our temper unnecessarily, checking our email compulsively, eating when we are not hungry, and fixating on the past and the future at the expense of the present. Most of us assume we’re stuck with this voice, that there is nothing we can do to rein it in – but there is an effective way to do just that. It’s a far cry from the miracle cures peddled by self-help gurus; instead it is something always assumed to be impossible or useless; meditation.” Dan Harris. Join acclaimed journalist, author and meditation teacher, Dan Harris in conversation with Stanford’s Dean for Religious Life, T.L. Steinwert, as Harris shares how meditation transformed his life, and perhaps yours too. Harris’ experience underscores the theme of Contemplation by Design, the power of the pause – the profound impact meditation can have on one’s life. His story invites us all to consider how meditation might not just make us happier but transform our lives through a consistent practice of cultivating calm. Come with questions to ask Dan Harris during the audience Q&A.

**Keynote—Contemplative Practices, Social Action and Service: Conversation with Professor Harry Elam, PhD, Parker Palmer, PhD, and Tom Schnaubelt, PhD**

This conversation will focus on the civic community essential to democracy, and how we, both individually and collectively, contribute to cultivation of this community. Elam, Palmer and Schnaubelt will explore the relationships among contemplative practices, secular higher education, and the interpersonal and intrapersonal competencies necessary for “We the People” to be able to “form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity.” By delving into the Five Habits of the Heart detailed in Palmer’s book *Healing the Heart of Democracy* this conversation will examine the role of educational institutions in both creating the civic community and inculcating the habits of the heart, both at Stanford and in liberal education more broadly. Public service as a form of experiential education designed to foster civic identity and civic competence will be highlighted. The panelists also will reflect on their direct experience with contemplative practices as a framework and as self-development tools that cultivate interpersonal and intrapersonal skills—habits of the heart—necessary for civic community and democracy.

Register for CBD Summit: contemplation.stanford.edu/summit
2 Contemplative Concerts

Stanford’s Annual Summit, Contemplation by Design, commences and culminates with two concerts created by the Stanford community for the Stanford community.

Register at: contemplation.stanford.edu/summit

Free SRWC Shuttle: Round-trip from SWRC to each concert. Space is limited and granted to SRWC faculty/staff who register until shuttles are full. Registration is required for shuttle. Register at: tickets.stanford.edu.

Fri. Nov. 1, 12:00pm-1:00pm Carillon Concert

HooVer ToWer

CariLlOn ConCert

QuiEt ConTemPlAtion And MuSiC

November 1, 2019 ★ 12:00 PM - 1:00PM

Gather in
- Oval East: Quiet and Meditation
- Dohrmann Grove: Tai Chi
- Hoover Lawn: Gentle Stretching
- Meyer Green: Picnic with Ragapella Singing

Bring a Mat or Beach Towel to Sit or Recline

Co-sponsors: Stanford BeWell, Health Improvement Program, Contemplation by Design

Register for CBD Summit: contemplationbydesign.edu/summit

Thu. Nov. 7, 12:00pm-1:00pm

Contemplative Concert in Bing Concert Hall

Through music and song experience PEACE: Pause, Exhale, Attend mindfully, Connect with nature/yourself/others and Express. The concert includes performances by: cellists Provost Persis Drell, Dean Lloyd Minor, and students Jeffrey Kwong, Henry Bair, Danna Xue, Tracy Lang, Evan Kim and Erik Roise; pianist medical student Kevin Sun; a cappella singers Talisman; soprano Kari Kirk; baritone Prof. Steve Goodman; oboist alumnus Benjamin Lloyd; and other members of the Stanford community.

Free and open to everyone.

Special registration is required for this free Bing Concert.

Register for this Contemplative Bing Concert at: stanfordlivetickets.org/0/9621