# Health Improvement Program

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HEALTHY LIVING REGISTRATION INFORMATION & POLICIES

REGISTER ONLINE AT HIP.STANFORD.EDU

Three ways to pay:
• Credit card
• Check/Cash – Please note: If you pay by check, you are not confirmed, nor guaranteed a space in the class, until HIP receives payment.
• 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.
• No credits or refunds will be issued for missed classes.
• HIP reserves the right to cancel a class when the minimum enrollment is not met (minimum variable by class). Refunds will be issued for cancelled classes.

HEALTHIMPROVEMENT@STANFORD.EDU | (650) 723-9649 | HIP.STANFORD.EDU
Class times, locations, and instructors are subject to change from the listing in this schedule of classes.
Please refer to hip.stanford.edu for the most current information.

Mark your calendars!
Your upcoming BeWell events

WELLNESS FAIR
March 21, 10:30 am
Arrillaga Center for Sports and Recreation
(341 Galvez St.)

CARDINAL WALK
May 2, 11:00 am
Main Campus
May 21, 1:30 pm
Redwood City Campus

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

HEADSPACE – MEDITATION MADE SIMPLE

Headspace is your very own personal guide, here to help you train your mind. 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.

Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, and reduce stress and mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. Meditation in general has been found to improve sleep, anxiety, working memory, and pain management.

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 ranging from pain management to relationships to creativity and last anywhere from 2 to 60 minutes. Completion of the Basics series is recommended before progressing to other packs.

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

FIVE TIMES TEN: 10 MINUTE MINDFULNESS PRACTICES TO DO ANYTIME, ANYWHERE

You’ve heard about the benefits of mindfulness for reducing stress, improving sleep, and elevating the experience of daily living. You’d like to get started, but don’t have much time to spare. This workshop-style class is designed to provide a low-friction entry into learning and benefiting from foundational mindfulness practices. You will learn 5 practical and replicable practices, and ways to implement them into your life without requiring extra time. With just a shift in awareness, these practices can be done simultaneously with daily activities at work or home. You’ll receive fundamental, experience-based instruction in meditation and mindfulness derived from the Mindfulness-Based Stress Reduction curriculum, and the latest science demonstrating the benefits to brain, body, and mind.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Patty McLucas is Founder of Mindful Wellness, a program elevating the performance of organizational leaders through training in stress reduction, mindful eating, sound sleep, and leadership communication. She speaks on these topics as well as mindfulness, resilience, and group health behavior. Please see www.mindfulwellnessgroup.com.

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 U MASS 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, handouts, and recorded meditations.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Mark Abramson, DDS, is the founder and facilitator of MBSR programs at Stanford.

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THE POWER OF THE PAUSE MEDITATION RETREAT AT STANFORD

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

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

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Tia Rich, PhD, is Contemplation by Design Director. Dr. Rich completed the Himalayan International Institute of Yoga Science and Philosophy 18-month full-time residential teacher-training program in 1981. Her 30 years of teaching meditation also draws upon her experience with Zazen, Vipassana, Tibetan Buddhist and Judeo-Christian contemplative meditation.

BEWELL ENGAGEMENT CLASSES

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

This spring, 2019, we have 12 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 to support sustainable, health-enhancing behavior change.

Both in-person and online Engagement classes are available.

All Engagement classes are STAP funds eligible. Attendance requirements apply in order to receive the incentive.

For more information about the Class option for BeWell Engagement, please go to bewell.stanford.edu

SPRING QUARTER 2019

In Person Classes

• Empathy & Respect in Action: How Building a Strong Community Boosts Resilience (p. 21)
• Five Times Ten: Ten Minute Mindfulness Practices to Do Anytime, Anywhere (p. 4)
• Making Friends With Stress: Maximizing Opportunities for Growth (p. 22)
• Mindful Eating (p. 16)
• Mindful Self Compassion (p. 23)
• Mindfulness-Based Stress Reduction (MBSR) (p. 4)
• The Heroic Journey: A Creative Path to Transformation (p. 9)
• The Power of the Pause Meditation Retreat at Stanford (p. 5)

Online Classes

• Kurbo – Simple “Traffic-light” Weight Loss Program (p. 16)
• OMADA Online Weight-Loss Program for Prevention of Diabetes and Heart Disease (p. 20)
• Sleepio – Digital Sleep Improvement Program (p. 12)
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. For questions, call Jane Rosten, 650.498.4744.

Instructor: Jane Rosten, MSW, LCSW, is the Environmental Behavior Change Program Manager for the Health Improvement Program.

Day/Date       Location           Fee       Code
By appointment In person or by phone $100  (STAR/EA: YES) atc-04

IS AN ELECTRIC VEHICLE RIGHT FOR YOU?
This free class is co-sponsored and generously supported by the City of Palo Alto
Are you considering leasing or buying an electric vehicle (EV) and want real information versus a sales pitch? Come hear from a panel of local, long-time EV drivers and experts on their experiences. Get your questions answered on the difference between all-electric and plug-in hybrid EVs; EV charging (home, work and public space); range anxiety misconceptions; battery longevity; buying vs. leasing; and the environmental, economic, and personal benefits of EV adoption.

*As a bonus, before class (starting at 4:15pm) and 30+ minutes after class ends at 7:30pm, there will be a number of EVs to explore in and out, likely including Nissan Leaf, Kia Soul EV, Chevy Volt, Fiat 500-e, Ford Focus EV, Tesla, all-electric Chevy Bolt w/ 238 mile range, and others!

Instructors:
Sven Thesen is the founder of Project Green Home in Palo Alto (ProjectGreenHome.org). Sven is a chemical engineer and one of 2,000 scientists who won the Nobel Peace Prize in 2007 along with former Vice President Al Gore, for his work on IPCC climate guidelines. He is often referred to as an EV-angelist for his spirited work in promoting electric vehicles.
Jim Barbera, is the Systems Engineer at ChargePoint (the nation's largest charging company). Jim is versed in all aspects of EV life, including leasing, buying, charging, maintenance, installing charging stations and solar panels. He is now an experienced EV driver (85,000 electric miles), and has driven nearly all makes and models of EVs.
Marc Geller is the founder and member of the Board of Directors of Plug In America, and Vice-Chair of the Board of Directors of the Electric Auto Association. Marc has been driving an electric car since 2001, and is one of the earliest EV adopters/advocates.
Jane Rosten MSW, LCSW, is the Manager of Stanford HIP’s Environmental Behavior Change Program.

Day    Date  Time        Location                  Fee  Code
THU  5/30  5:30-7:30pm Mitchell Park Community Ctr., Palo Alto  FREE  ecars-01

NOTE: Registration is required for this free class.

So Many Ways to be Green this Spring!
☼ Read the Woods Institute discussion on carbon emissions rise.
☼ March 20: Cardinal Green Zero Waste Campaign Webinar
☼ March 20: Woods Institute: Boething Lecture Leading the Charge for a Livable Planet
☼ April 13: City of Palo Alto Earth Day Festival
☼ May 9: Bike to Work Day!
THE AYURVEDA ALGORITHM

Ayurveda, India’s 5,000-year-old medical system, offers a precise algorithm to guide food and lifestyle choices based on an individual’s constitution and current health state. This class will introduce Ayurveda and help you design your own implementation of the algorithm. You will walk away with basic concepts of Ayurveda and a food and lifestyle plan that fits your current needs.

Participants will also get an opportunity for a 1/2 hour follow-up consultation (on a first-come-first-served basis) with the instructor to get individual feedback on their food and lifestyle plan. This 1/2 hour follow-up consultation is a key component of the class.

Instructor: Shaaranya Geetanjali Chakraborty is a Certified Ayurveda Clinical Specialist and heads a donation-based Ayurveda clinic in Milpitas. She is the Director of Ayurveda Studies, Vedika Global, Emeryville. Prior to embarking on her Ayurveda journey, Shaaranya had five years of Molecular Biology research experience at Georgetown University and Stanford University.

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<td>10:00am-4:30pm</td>
<td>Education Bldg. (Cubberly), Rm 313</td>
<td>$275 (STAFF/EL YES)</td>
<td>ayuralg-01</td>
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<tr>
<td>SUN</td>
<td>5/19</td>
<td>10:00am-2:00pm</td>
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NOTE different class times each day of this weekend class: Saturday 5/5: 10am-4:30pm, and on Sunday, 5/6: 10am-2pm.

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 PostureSensei™ wearable to get a real-time read of the shape of your spine as you learn improved ways to be in your body. Attain a new level of wellness and enjoy a fascinating journey into the anthropology, history, and anatomy of human structure and movement.

The workshop is taught by two qualified Gokhale Method teachers and capped at 20 students, allowing for lots of hands-on guidance and individualized feedback. Each participant receives a private online follow-up session with Monisha White, 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, and 3 hour afternoon instruction.

Instructors: Esther Gokhale is the creator of Gokhale Method. (GokhaleMethod.com). She is the author of *8 Steps to a Pain-Free Back*. Monisha White is a qualified Gokhale Method teacher. Ms. White is a recent Stanford graduate (B.S. in computer science) and Esther’s youngest child. Being raised with the Gokhale Method has enriched her life and kept her natural posture intact.

Two dates to choose from:

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<td>SAT</td>
<td>5/27</td>
<td>9:30am-4:30pm</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$545 (STAFF/EL YES)</td>
<td>gokn-01</td>
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<td>SAT</td>
<td>5/11</td>
<td>9:30am-4:30pm</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$545 (STAFF/EL YES)</td>
<td>gokn-02</td>
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GROUP DRUMMING: MAKING RHYTHM AND MUSIC FOR YOUR BODY, MIND, AND HEART

Experience the release of workday cares and share the joyful energy of making rhythm and music in community with others. Research findings support the physical, mental, emotional and social benefits of group music making. Participating in musical activities can reduce stress and foster relaxation, increase alpha brain wave activity and enhance creative thinking, help regulate our nervous system, support a healthy immune system, plus drumming in particular, is a safe and natural cardiovascular exercise.

☼ Experience our natural rhythm, because we all have rhythm in us – *Honest*
☼ Learn rhythms from world cultures, and different music styles
☼ Play a variety of stick and hand drums and percussion instruments
☼ Create solid ensemble grooves that sound and feel great
☼ Explore the rhythms available in spoken word – a.k.a. poetry and rap

Plus! For those that are inspired to get up and move, dancer and longtime HIP instructor Deanna Anderson will lead optional warm-up stretches and creative rhythmic movement.

Instructor: Peter Giordano, founder and executive director of StoryTeller Project. Peter’s career spans over 25 years as an arts educator, professional multi-instrumentalist musician, composer, and music director.

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<td>WED</td>
<td>5/15-6/3</td>
<td>12:00-1:15pm</td>
<td>TBD</td>
<td>$160 (STAFF/EL YES)</td>
<td>udrum-01</td>
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NEW | 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 2-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, participants will be able to engage multiple modes of expression (eg, speaking, movement, sound, gesture) in telling stories of personal significance, 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.

Instructor: Lisa Chu, MD, is a multidisciplinary artist, performance creator, and SoulBodyMind life coach. She enjoys encouraging people of all ages to recognize and explore their own creative potential at the intersection of expressive arts and healing. She has been a performer and teacher for the past three decades.

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<tr>
<td>WED</td>
<td>4/24 &amp; 5/8</td>
<td>12:00-100pm</td>
<td>Kingcoate Gardens (419 Lagunita Dr.), Rm 140</td>
<td>$70 (STAFF/YES)</td>
<td>fyv-01</td>
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HEALING TOUCH INTERNATIONAL CERTIFICATE LEVEL 3: ADVANCED HEALER PREPARATION

Healing Touch is a complementary, energy-based approach to health and healing that uses heart-centered, gentle, non-invasive techniques to clear, balance, and align the human energy system. The goal of Healing Touch is to restore harmony and balance in the energy system, placing the client in the position to self-heal.

Level 3 (prerequisites: HT Levels 1 and 2) provides in-depth skills in Healing Touch, explores development of Higher Sense Perception, sequencing of healing techniques, working with guidance, self-healing and self-development. This Class provides 17.5 continuing Education Contact hours for nurses and massage therapists. Instructor: Sue Kagel RN BSN

Instructor: Sue Kagel, RN, BSN, HNB-BC CHTP/I. She teaches Healing Touch internationally and in private practice. Sue is on faculty with Andrew Weil’s Program at the Arizona Center of Integrative Medicine at the University of Arizona, teaching Healing Touch and energy therapy, and is co-author of an NIH research grant using Healing Touch in the NICU.

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<td>SAT/SUN</td>
<td>5/18 &amp; 5/19</td>
<td>9:00am-6:00pm</td>
<td>Li Ka Shing Learning Ctr., Rm 101</td>
<td>$350 (STAFF/YES)</td>
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HEALTH ENRICHMENT

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HEALTH ENRICHMENT

THE HEROIC JOURNEY: A CREATIVE PATH TO TRANSFORMATION

Our experience quite literally is defined by our assumptions about life. We make stories about the world and to a large degree live out their plots. What our lives are like depends to a great extent on the script we consciously, or likely unconsciously, have adopted. — Carol Pearson - The Hero Within

We live in our stories. Our brains naturally organize our experience of events into a narrative structure that gives our lives a sense of wholeness and coherence. The Hero’s Journey, popularized by Joseph Campbell, describes the existential process we all go through as we live in and adjust to changes in our world and ourselves. The need to expand the constructs of our mind and perceptions may arise many times in our lives.

Research now suggests that the impact of creative practices on well-being include an improved immune system, reductions in stress and anxiety, increases in positive emotions, and improved health. In this 4-week class, we will explore the power of mindset and perspective through engaging narratives and discussions, creative projects, personal reflection, and storytelling. Gain the tools and support needed for personal transformation by answering the call and taking the first steps across the threshold. Join us!

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Dominique Del Chiaro, Me.D, is the HIP Healthy Living Program Manager, a seasoned educator, transpersonal life coach, dance and fitness instructor, and mentor teacher. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero’s Journey and rites of passage.

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KNOWING AND USING YOUR STRENGTHS

This course is designed to help you understand and 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 6 times more likely to be engaged in their work, their careers, and their lives. During this facilitated course, you will see new ways to view yourself and your co-workers. We each have talents and when we honor the talents in ourselves and others, we can create a powerful and positive work environment.

Join us to:

- Learn the difference between talents and strengths
- Identify ways to develop your talents into strengths
- 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 of top 5 strengths to class.

Facilitator: Patty Purpur de Vries, MS, Associate Director of Strategy and Engagement for the Health Improvement Program and BeWell.

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PHYSICIAN HEALTH COACHING FOR PREVENTING BURNOUT AND BUILDING CONNECTION

The 2016 Physician Burnout Survey, conducted by Stanford WellMD, illuminates the increasing prevalence of burnout among medical providers. In response to the survey results, and the WellMD call for the creation of more personal resilience and wellness offerings, the Stanford Health Improvement Program (HIP) has begun offering a Health Coaching program designed specifically for physicians. This 6-session program offers physicians a safe and confidential space to pause and reflect on what it means to reach their full potential. Each physician will work 1 on 1 with a certified coach in areas specific to their needs, setting goals, and implementing a plan that promotes professional fulfillment, personal resiliency, social connectedness, and physical health.

The program is designed with flexibility and accessibility in mind. You choose the time and frequency of your coaching sessions (e.g. weekly, semi-monthly, monthly, for up to an hour each session). Sessions are available by zoom video conferencing, by phone, or in person (depending on location).

Our coaches are certified from an accredited coaching program and/or are Nationally Board Certified Health and Wellness Coaches. Please read biographies carefully before registering, as each brings a unique set of specializations and experiences.

Coach: Julie Anderson, MPH, is the BeWell Wellness Profile Manager and Associate Director of the Living Strong Living Well Program. Julie has a coaching certification through Wellcoaches® and is a National Board Certified Health and Wellness Coach. Julie works with individuals in areas such as weight management, healthy eating, and exercise to create sustained behavior change.

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Coach: Claire Palomo, BA, NBC-HWC, is certified as an Integrative Health Coach through Duke Integrative Medicine and is a National Board Certified-Health and Wellness Coach. She is a BeWell Coach for the Health Improvement Program, and oversees the Physician Health Coaching Program. She is committed to reducing one’s stress and improving overall mental and physical health with proper nutrition, physical activity and various body/mind techniques.

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Coach: Elizabeth Skolnik, CPCC, brings to the table experience as a Wellness Coach with the Stanford BeWell Program. She is also a Leadership Coach within the corporate world. She has a long career working with individuals wishing to make lasting behavior change in the areas of decision making, emotional regulation, and living a more balanced life. She will meet you where you are with compassion, non-judgment and insight.

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Coach: Daryl Walker, NBC-HWC, is a Life Coach and Certified Personal Trainer and a National Board Certified-Health and Wellness Coach. Daryl believes you do not need to do it “perfectly” and provides a safe and supportive environment to learn and practice while taking realistic, incremental steps towards your health and wellness goals.

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NEW | PLAN FOR A HEALTHY, FINANCIALLY SECURE, AND FULFILLING RETIREMENT

This free facilitated Book Discussion is offered in collaboration with the Stanford Center on Longevity

Planning for a successful retirement is hard, but there is help. The decisions we make as we transition from the workplace into retirement will have a significant impact on our quality of life, vitality, and health for years to come. These decisions are much more complex and have higher stakes than the savings and investment decisions made throughout our working years. While financial security is critical, we all will do best by integrating and nurturing our health, personal strengths, social networks, along with our financial resources.

Workers age 50 years and older are the primary target audience for this free 2-part facilitated discussion of the book Retirement Game-Changers, led by the book’s author Steve Vernon. Steve will cover the mental, physical, and fiscal aspects of retirement, as well as share strategies from behavioral economics to help motivate participants to plan for their future. To further cement these teachings, participants will be asked to take an action towards retirement planning between classes. Participants are expected to attend both sessions, and are strongly encouraged to read the book before the class.

NOTE: Books are not included as a part of the course but can be purchased on Amazon.

Facilitator: Steve Vernon, FSA is a Research Scholar at the Stanford Center on Longevity and has been a regular writer for CBS MoneyWatch and Forbes. He is the author of Retirement Game-Changers: Strategies for a Healthy, Financially Secure, and Fulfilling Long Life.

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NEW | WEBINAR: POSTPARTUM WELLNESS – THRIVING WITH YOUR NEW BABY

This class is co-sponsored with the Stanford WorkLife Office

Learn to create a personal comprehensive postpartum wellness plan to optimize physical and emotional health while caring for your infant. The many physical, social and emotional adjustments common in the first year of parenthood can leave us feeling overwhelmed and isolated from our previous life and relationships.

This webinar will provide a roadmap with practical strategies for getting more restorative rest, adding structure to your daily routine and prioritizing self-care needs as well as the needs of your relationship. An exercise assessing six different types of social support will be introduced, and community resources helpful in building your confidence and social network as parents will be provided. This class will clarify the differences between typical postpartum adjustment “baby blues” and postpartum depression. Additionally, risk factors for postpartum depression and supportive actions to take if you are concerned for yourself or your partner will be discussed. All expectant and new parents are encouraged to register.

Instructor: Julie Graham, PsyD is a licensed clinical psychologist specializing in perinatal mental health for over 12 years. She provides grief support for reproductive loss and cognitive-behavioral therapy for perinatal mood disorders.

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RESILIENCE 101: BOUNCING BACK DESPITE CHANGE AND CHALLENGES

If you want to be excellent, enthusiastic and effective . . . and you want to catch your breath. If you want to have a sense of purpose and joy . . . and you want to be able to connect with colleagues, yourself, family and friends . . . If you want to keep all of the important balls in the air and learn some danger signals of overload . . . This is the right time to RENEW!

Our easy-going, yet profound, program will explore practical and powerful ways to refresh. We’ll discuss values and how best to say “No” and “Yes” at the right times in your career and life. In our time together, we’ll also talk about the five characteristics of “fit” people, and how to define success. After this program, you will feel better able to find your groove and move ahead. Join in the inspiration and enjoyment!

Instructor: Linda Clever, MD, a Stanford graduate, former Associate Dean of Alumni Affairs, is Clinical Professor of Medicine at UCSF, and a member of the Institute of Medicine of the National Academy of Sciences. She founded for-profit RENEW.

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HEALTH ENRICHMENT

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 to 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 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 wherever and whenever is convenient for you, on your computer, tablet or phone. You’ll also gain access to a library of articles and guides that cover common problem areas like pregnancy, shift work, and jet lag. To get started:

Step 1 – Discover your Sleep Score for free at https://www.sleepio.com/stanford

Step 2 – Register through HIP and continue with the full online sleep improvement program

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.

SITTING COMFORTABLY AT YOUR COMPUTER

Physical habits for sitting can dramatically affect your comfort on the job. This class will cover the topics This Tension Has to Go, What About My Neck? and Dynamic Spine and Pelvic Support. Learn to apply proper body mechanics and physics to your actions, alleviate pain, improve skeletal support and awareness, and create dynamic healthy posture for common workstation actions. Understanding correct body mechanics may help you prevent (or heal from) injury, and stay productive and healthy. Bring a mat as we will spend some time doing floor work.

SITTING COMFORTABLY AT YOUR COMPUTER STATION – 1 HOUR INDIVIDUAL SESSION

Would you benefit from customized help at your workstation? Even with good ergonomic equipment, the way you use your workstation can make all the difference. Improving habits for sitting and standing comfortably at your computer can relieve stress. You will learn to make small adjustments in commonly used actions at your desk, improve skeletal support in your chair and while standing in order to alleviate pain in your neck, shoulders, back, and arms. Take the guesswork out of working pain free, prevent injury, and reverse bad habits before they become chronic. Please allow 2 weeks for instructor to contact you.

Instructor: Jean Elvin, MFA, GCFP, is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics at Environmental Health and Safety. Jean also teaches “Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension” for HIP. Class code: feld-01.
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, has been a lawyer, mother of four children, and longterm caregiver. Laura is now a BeWell coach, 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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SPINEFULNESS *PLUS* HAMSTRINGS RELEASE AND RELIEF

Tight hamstrings can be a major contributor to low back pain. Why do so many of us have tight hamstrings? Have you ever stretched your hamstrings and then they seem even tighter the next day? Many traditional hamstring stretches are also putting strain on the low back. In this 3-week class, we will examine alignment while sitting, standing, bending, and walking. You will learn to sense the interplay between muscle tension and bone alignment in all of these activities. You will learn the anatomy of your hamstrings and the safest, easiest ways to release the tension in your hamstrings.

Note: Wear loose comfortable pants to class (no jeans).

Instructor: Jenn Sherer, BS, owner Spinefulness Studio in Palo Alto. Spinefulness freed her of the ailments that made her feel old: chronic shoulder, neck, knee, bunion and back pain. Now she champions Spine alignment as a practical, non-invasive way to resolve muscular skeletal pains and as a way to increase overall wellness.

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SPRING CLEANING – YOGI STYLE!

Spring is the perfect time to focus on cleansing and rejuvenating not only your house, office, and surroundings, but also your body, mind and heart. Let’s put the winter blues behind us and begin spring with renewed radiance, inner balance, and self-awareness. Join longtime HIP instructor, Moj Razmi as she guides you through 2 sessions of spring cleaning – yogi style!

In these 2 sessions we will:

- Learn and practice breathing and meditation techniques and physical movements that massage and rejuvenate our internal organs, and enhance elimination.
- Explore the foods and liquids that nourish and refresh.
- Learn to recognize our emotional “stops” and gently address them to boost our mind’s clarity and functionality.

Instructor: Moj Razmi is an ERYT500 certified yoga instructor and Inspired Anusara teacher. She has completed more than 600 hours of yoga, breathing, meditation, ayurvedic and chakra workshops.

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HEALTH ENRICHMENT

TRADITIONAL ORIENTAL MEDICINE

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Chinese Medicine, is a 5-session (Monday through Friday) class in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body.

You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement. At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands.

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

Day  Dates  Time  Location  Fee  Code
MON-FRI  4/22-4/26  5:45-7:00pm HRP-Redwood Bldg., Rm T138B*  $200 (TAP/EAL: YES)  tom-01

NOTE Tuesday and Friday class will be held in the Medical School Office Bldg. (MSOB), Rm 303

WELLNESS IN THE GARDEN

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

When we care for our gardens, we’re also caring for ourselves, breathing fresh air, growing healthy food, and spending time in nature. The rhythms of the garden can facilitate mindfulness and contemplation, and offer opportunities to engage with nature in positive and rejuvenating ways. Join this 4-session class at the O’Donohue Family Stanford Educational Farm classroom to explore the connections between gardening and wellness.

You will learn the practices that enhance mind, body, and garden health. Each session will consist of a classroom learning component followed by a practical learning component in the garden. Course topics include garden ergonomics and stretches, mindfulness practices, prepping and planting garden beds, crop planning, nutrition for humans and gardens, managing pests and diseases organically, recognizing and promoting ecological balance.

Instructor: Anna Lee is a PhD student in the Emmett Interdisciplinary Program in Environment and Resources (E-IPER). She is a Master Composter for San Mateo County, and holds an Advanced Certificate in Ecological Horticulture from the Center for Agroecology and Sustainable Food Systems at UC Santa Cruz, and an MS in Agroecology from UW-Madison.

Day  Dates  Time  Location  Fee  Code
TUE  4/30-5/21  5:30-7:00pm O’Donohue Family Stanford Educational Farm  $200 (TAP/EAL: YES)  garden-01
HEALTH ENRICHMENT

**WELLNESS COACHING**

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

**What is Wellness Coaching?**

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 or personal 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 and/or stress management behaviors during the course of wellness coaching, wellness coaches might not be content experts in these areas. If you are interested in specific diet or stress management advice, please consider registering for Personalized Nutrition 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, and differs in their availability.

**Coach: Julie Anderson, MPH**, is the BeWell Wellness Profile Program Manager for the Health Improvement Program (HIP) and has been with HIP since 1991. She holds a Wellness Coaching certification through Wellcoaches®. As a working mom in her early 50s, Julie knows what it’s like to juggle work, marriage, parenting a young child, and prioritizing wellness.

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**Coach: Debbie Balfanz PhD**, is the Group Behavior Change Program Manager for the Health Improvement Program (HIP) 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 Skolnik**, Certified Professional Coach, brings to the table experience as a Wellness Coach with the Stanford BeWell Program and Leadership Coach within the corporate world. She has a long career working with individuals wishing to make lasting behavior change in the areas of decision making, emotional regulation, and living a more balanced life. She will meet you where you are with compassion, non-judgment and insight.

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**Coach: Jayna Rogers, MPH**, is the 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, smoking cessation, weight management, women's health and wellness coaching for long-term behavior change.

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HAPPY GUT – HAPPY LIFE: A PRACTICAL GUIDE TO LIVING WITH IRRITABLE BOWEL SYNDROME

Are digestive issues interfering with your life? Are you confused about what to eat and how best to manage symptoms? If so, please come to this class to learn more about Irritable Bowel Syndrome (IBS), and find ways you can take charge of your digestive troubles.

In these two 1-hour sessions you will learn:

- IBS symptoms, diagnosis and pathophysiology (or what really happens in your gut).
- FODMAPs: What are they? How do they impact IBS symptoms?
- The FODMAP elimination diet: introduction, practical tips, and helpful resources
- Beyond food: integrative approaches to tame an upset tummy.

Instructor: Christina Becker, MPH, RDN, CHCW. Christina has over 15 years of experience working in dietetics, corporate wellness, health and wellness coaching. She is a graduate of the Integrative Health & Lifestyle program at the Arizona Center for Integrative Medicine. Christina is currently providing personalized nutrition coaching for HIP.

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KURBO – SIMPLE "TRAFFIC-LIGHT" WEIGHT LOSS PROGRAM

Kurbo is a 12-week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthier, exercise more, and manage weight. Rather than focus on calorie counting, Kurbo utilizes the proven Traffic Light food classification system to help you understand food choices, find healthy substitutions, and gradually decrease the number of red lights (unhealthy foods) over time. The Kurbo curriculum is based on proven behavior modification strategies for weight management and the research-based concept of Supportive Accountability, which is the belief that participant success and adherence is greatly improved through a support network of family and friends.

In this program, your personal behavior coach will keep you accountable and motivated with weekly check-ins over video chat and/or text. 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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<th>Day/Date</th>
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<tr>
<td>Rolling start</td>
<td>Self-paced</td>
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MINDFUL EATING: MANAGING WEIGHT THROUGH HEALTHY CHOICES AND EATING WITH INTENT

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

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

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Patty McLuccas, CPT, has been a Wellness Consultant for over 20 years. She teaches courses on mindfulness, resilience, and group health behavior change for HIP and BeWell, and Mindfulness Meditation for Stanford’s Cancer Supportive Care Program. As a Certified Personal Trainer, Patty provides instruction in strength training, flexibility and weight control.

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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 re-energize 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 Registered Dietitian, 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”.

Coach: Joanne Ambras is a Certified Nutrition Educator and Wellness Coach. She is a BeWell Coach, a nutrition counselor in private practice, and coach at a Silicon Valley Fortune 50 company. Joanne’s areas of focus include: plant-based diets, healthy digestion, eating strategies to help lower cholesterol, glucose, or blood pressure, and healthy eating for busy people. She is enthusiastic about working with clients to create a sustainable plan that suits each individual’s unique body, lifestyle, food preferences, and health goals.

Coach: Shauna Hyde RD, CDE, CPT is a registered dietitian and a certified diabetes educator 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.

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.

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 to help find a guilt and deprivation-free way of eating that feeds the mind, body and spirit. Rosalyne takes a weight-neutral approach and can help guide you towards trusting your body to know how much to eat.
WEBINAR: PROTEIN OBSESSION – HOW MUCH DO WE NEED & WHERE DO WE GET IT FROM?

Americans seem to be confused and obsessed about how much protein they require and how much they should eat. The truth is we don’t need much. We typically eat far more than we need, and since there is no place to store extra protein in the body the extra all gets converted to carbs and fat anyway. There is also confusion about the protein that can be obtained from animal vs. plant foods. What we don’t realize is that plant foods have adequate protein to support everyone, even vegan athletes.

In an illuminating, nutrition-fact-based and humorous presentation, Professor Gardner will discuss how maximizing the intersection of human health and the health of the planet means consuming less protein from animal foods and more from plant foods.

Instructor: Christopher Gardner, PhD, is a nutrition scientist and the Rehnborg Farquhar Professor of Medicine at Stanford. For 25 years, he has been studying what to choose to consume and to avoid for optimal health, and how best to motivate individuals to achieve those healthy dietary behaviors.

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WAIST MANAGEMENT – NEWLY UPDATED

What can you do about that annoying layer of fat around the middle? Why is your waist bigger now than it used to be? What are the best exercises to get rid of it? Sit-ups? HIIT? What kind of diet? Are there certain foods I should or shouldn’t eat? Do the fat cells in your middle behave differently than your other fat cells? Is your waist size really a key indicator of your health status and the “right” weight for you? Or is your Body Mass Index (BMI) all you need to know?

None of us likes the look or feel of a roll around our middle, but there’s more to it than our vanity. That roll of fat is part of a cluster of health problems that can put you at greater risk for heart disease, stroke, diabetes, endometrial and breast cancer. Please join us to learn the answers to your questions, plus 10 simple tips to banish that belly for benefits both in appearance AND health.

Instructor: Joyce Hanna

Facilitator: Joyce Hanna, MA, MS, is the Associate Director of the Stanford Health Improvement Program and the Director of the Living Strong Living Well program for cancer survivors. She is also an exercise physiologist, nutritionist, and behavioral health consultant. Joyce has been with HIP since 1991.

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**COMING SOON**
Better Choices, Better Health online program will be offered through the Stanford Health Improvement Program.

**BETTER CHOICES BETTER HEALTH – DIGITAL HEALTH CONDITIONS SELF-MANAGEMENT PROGRAM**
Developed and evaluated at Stanford 20 years ago, Better Choices, Better Health is now offered online. 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.

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

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

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

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<tr>
<td>Rolling start</td>
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<td>$175</td>
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**CPR & AED**
CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Certificate of completion cards will be sent out 3-4 weeks after the class.

**Two dates to choose from:**

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

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PREVENTION & MEDICAL MANAGEMENT

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. The program is all online, so you can participate via your computer, tablet, or smartphone, whenever it’s most convenient for you. Over 225 Stanford University employees have already enrolled!

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 BeWell Engagement incentive

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

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SMOKING CESSATION: INTENTIONAL QUITTING

Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from tobacco. HIP is offering this FREE tobacco cessation program for benefits-eligible University employees along with their families and dependents (14 years and older). Free over-the-counter aids for tobacco 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 tobacco. Participants typically find that 10 sessions over one year are helpful to support the quitting process.

Instructor: Jayna Rogers, MPH, is the 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, smoking cessation, weight management, women’s health and wellness coaching for long-term behavior change.

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<td>12 Sessions: Community</td>
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EMPATHY AND RESPECT IN ACTION: HOW BUILDING COMMUNITY BOOSTS RESILIENCE

Want to transform your good will into positive change? Research has shown that volunteerism not only has a positive impact on happiness, self-esteem, and life satisfaction, but also increases our sense of control and our physical health. Empathy, the ability to put ourselves in others’ shoes and experience their pain, can feel depleting. But, by putting our empathy into action, with compassion, we access the part of the brain associated with love and caring. The result is a relief from personal distress.

In this 4-session class, you’ll put your good intentions into action! Guided by principles of community engagement and the Stanford HAAS Centers & Pathways of Public Service, in-class sessions will explore ways to make your outside-class experience in the community most effective. Through group discussion and activities, you will learn strategies to address personal barriers, and identify individual talents and interests that you can bring to your community. Through contemplation and reflection exercises, you will deepen your understanding of your innate altruism. For this course, we will focus on the issue of homelessness to practice and apply strategies learned in class, with the goal of being able to apply these skills to all future community service endeavors.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructors: Christy Matta, MA, is the Wellness on Wheels Manager for the Health Improvement Program and has worked in nonprofits and local government overseeing programs for disadvantaged people those with disabilities for over 20 years. Joanne Ambras is a BeWell Coach. She works to help end homelessness through productive relationships with community and campus organizations, engaging employees, and mentoring high school students who will become the next generation of advocates.

Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. For the 4-week class, Dr. Kane will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.
NEW | MAKING FRIENDS WITH STRESS: MAXIMIZING OPPORTUNITIES FOR GROWTH

Finally, some good news about stress! Recent scientific data has found that there are some real benefits to stress. Times of stress can be opportunities for learning, personal growth, happiness, improved performance, and deeper social interactions. Building on the work of Alia Crum, PhD (Stanford Psychology), this 4-session class will cover the research on the different approaches to stress. Specifically, we will discuss the benefits of having a “stress is enhancing” mindset, strategies for appreciating stress and harnessing that energy, and ways to reduce the negative consequences of stress by incorporating creative play into daily life and engaging in mindfulness practices and relaxation techniques. Emphasis will be placed on incorporating lessons from class into your daily routine.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructors: Debbie Balfanz, PhD, is the Group Behavior Change Manager at the Health Improvement Program (HIP) and provides individual wellness coaching. She has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002. In addition, Debbie is on her own personal journey to learn how to “make friends with stress.”

Dominique Del Chiaro, Med, is the Healthy Living Manager at the Health Improvement Program (HIP), a seasoned educator, a transpersonal life coach, a dance and fitness instructor and mentor teacher. She is an avid meditator and has facilitated wellness courses for over 25 years.

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NEW | 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, 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
- Techniques for immediately decreasing the intensity and duration of the stress response

Instructor: Elizabeth Skolnik, CPCC, Certified Professional Co-Active Coach, is an experienced Wellness Coach with the Stanford BeWell Program, Health Improvement Program, and Stanford WellMD Program. Elizabeth is passionate about helping individuals make lasting behavior changes in the areas of health, wellness, and emotional regulation.

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MINDFUL SELF COMPASSION

We often feel compassion when a close friend is struggling. What would it be like to receive the same caring attention from yourself when you need it the most? We know that harsh self-criticism adversely impacts our well-being, strength, and performance, often leading to excessive worry, perfectionism and frustration. In contrast, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives. Mindful Self-Compassion (MSC) is strongly associated with emotional well-being, resilience in coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships.

In this one-day MSC program, participants will learn how to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. You will be provided with essential tools for treating yourself in a kind, compassionate way whenever you suffer, fail, or feel inadequate. All are welcome. No previous experience with mindfulness or meditation is required.

Instructor: Carole Pertofsky, M.Ed., is a national speaker and consultant, seminar leader, and blogger. She teaches positive psychology and wellness courses at Stanford University. Carole co-founded “Tools for Healing”, a non-profit support network for individuals living with life-threatening illnesses. Carole is a trained Mindful Self Compassion instructor.

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NEW | 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 delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for the Stanford Health Improvement Program.

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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. Practicing mindfulness has been empirically shown to improve quality of life and reduce the symptoms of stress, whether it manifests as anxiety, depression, physical agitation, or illness. With 1:1 support in a comfortable, individualized setting, you will be introduced to mindfulness techniques such as breath awareness, meditation, body scan, and gentle yoga and begin to develop a practice that resonates with you and fits into your lifestyle. We will also practice awareness of automatic thoughts, re-framing, and connecting to the values that inform the life you want to lead. You will be contacted within 5 days of registration for scheduling.

Instructor: Patty McLucas, is the Founder of Mindful Wellness, and delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for the Stanford Health Improvement Program.

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### Monday

- **8:00am**
  - Running Made Easy @ Cobb Track
- **9:00am**
  - Boot Camp Drop 'n Go @ ACSR, Court
- **9:30am**
  - Circuit Weight Training @ ACSR, Fitness Ct
- **10:00am**
  - Senior Strong @ AOERC, Fitness Ctr
- **10:45am**
  - Sunrise Exercise @ ACSR, Fitness Ct
- **11:00am**
  - Circuit Weight Training @ ACSR, Fitness Ct
  - Healthy Back Strong Abs @ ACSR, Studio
- **11:15am**
  - TRX @ SoM Sports Complex
- **11:30am**
  - Dance Rhythms @ Burnham Pavilion
- **12:00pm**
  - Boot Camp @ Ford Center, SD Court
  - Conditioning Pilates @ 3160 Porter, Studio
  - Boot Camp @ Ford Center, Court
  - Chen Family Taijiquan @ MSOB
  - HAABIT @ ACSR, Court
  - Bombay Jam @ 3160 Porter Dr, Studio
  - Indoor Cycling @ AOERC, Bikes
- **12:15pm**
  - TRX @ SLAC, Bldg. 55
  - Cardio Kickbox @ SLAC, Bldg. 55, Studio
- **12:30pm**
  - Persian Dance @ Roble 114
  - Indoor Cycling @ AOERC, Bikes
  - Dance Viral! @ Burnham Pavilion
  - Indoor Cycling @ AOERC Bldg 111
  - Indoor Cycling @ AOERC Bldg 15
- **1:00pm**
  - Circuit Weight Trng, @ ACSR, Fitness Ctr
  - Circuit Weight Trng, @ ACSR, Fitness Ct
  - Circuit Weight Trng @ AOERC, Fitness Ctr
  - Circuit Weight Trng @ ACSR, Fitness Ct
- **1:15pm**
  - TRX @ SLAC, Bldg. 55, Fitness Center
  - HAABIT @ ACSR, Court
- **1:30pm**
  - HIIT 30 min WO @ AOERC, Court 3
  - Flow Yoga @ AOERC, Studio 111
  - Body Firm/Super Sculpt @ ACSR, Court
  - Circuit Weight Trng @ AOERC, Fitness Ctr
  - Circuit Weight Trng @ AOERC, Fitness Ctr
  - Circuit Weight Trng @ ACSR, Fitness Ct
  - Circuit Weight Trng @ ACSR, Fitness Ct
- **1:45pm**
  - Boot Camp-Body Sculpt @ 3160 Porter
- **2:00pm**
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
- **2:15pm**
  - TRX @ SoM Sports Complex
- **2:30pm**
  - TRX @ AOERC Fitness Center
  - TRX & Cycle Combo @ 3145 Porter Gym
- **3:00pm**
  - HIIT 30 min WO @ AOERC, Court 3
  - Flow Yoga @ AOERC Studio 111
  - Body Firm/Super Sculpt @ ACSR, Court
  - Circuit Weight Trng @ AOERC, Fitness Ctr
  - Circuit Weight Trng @ ACSR, Fitness Ct
  - Circuit Weight Trng @ ACSR, Fitness Ct
  - Circuit Weight Trng @ ACSR, Fitness Ct
- **3:15pm**
  - Flow Yoga @ 3160 Porter Studio
  - Flow Yoga @ 3160 Porter Studio
  - Flow Yoga @ 3160 Porter Studio
  - Flow Yoga @ 3160 Porter Studio
- **3:30pm**
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
- **3:45pm**
  - TRX @ SoM Sports Complex
- **4:00pm**
  - TRX @ AOERC Fitness Center
  - TRX & Cycle Combo @ 3145 Porter Gym
- **4:30pm**
  - HIIT 30 min WO @ AOERC, Court 3
  - Flow Yoga @ AOERC Studio 111
  - Body Firm/Super Sculpt @ ACSR, Court
  - Circuit Weight Trng @ AOERC, Fitness Ctr
  - Circuit Weight Trng @ ACSR, Fitness Ct
  - Circuit Weight Trng @ ACSR, Fitness Ct
  - Circuit Weight Trng @ ACSR, Fitness Ct
- **4:45pm**
  - Boot Camp-Body Sculpt @ 3160 Porter
- **5:00pm**
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
  - Body Firm/Super Sculpt @ 3160 Porter
- **5:15pm**
  - TRX @ SoM Sports Complex
- **5:30pm**
  - TRX & Cycle Combo @ 3145 Porter Gym
  - TRX @ SoM Sports Complex
  - TRX @ SoM Sports Complex
  - TRX @ SoM Sports Complex
  - TRX @ SoM Sports Complex
- **5:45pm**
  - Weight Lifting Blast @ SLAC, Bldg. 55
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  - Weight Lifting Blast @ SLAC, Bldg. 55
- **6:00pm**
  - Unwind & Thrive Yoga @ Lokey Stem Cell
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