Welcome to Autumn!

To support your effort to stay healthy and resilient through changing times, the Healthy Living Program has moved all courses online. This fall, we are excited to bring 18 brand new classes in addition to our bounty of core health education and wellness programs.
Learn, experience, and enjoy!

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Welcome to Autumn!
To support your effort to stay healthy and resilient through changing times, the Healthy Living Program has moved all courses online. This fall, we are excited to bring 18 brand new classes in addition to our bounty of core health education and wellness programs. Learn, experience, and enjoy!
**HEALTHY LIVING REGISTRATION INFORMATION & POLICIES**

- REGISTER FOR ALL HEALTHY LIVING CLASSES ONLINE AT HIP.STANFORD.EDU

**REGISTRATION PAYMENT OPTIONS**

- Credit Card
- Check/Cash
  **This option is not currently available. The Health Improvement Program office is temporarily closed due to COVID-19 health concerns and our staff are working remotely. For questions, please contact healthimprovement@stanford.edu.**
- STAP Funds for University Staff
  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. We ask that you register and pay for your class 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.
- The Health Improvement Program reserves the right to cancel a class when the minimum enrollment is not met. Refunds will be issued for canceled classes.

**Upcoming BeWell Deadlines**

**October 9:**
Deadline to register for a personalized Healthy Living coaching session or Healthy Living app if completing either for the Engagement incentive

**October 31:**
Deadline to finish Advising if completing Coaching or Commitment to Family or Community for the Engagement incentive

**November 15:**
Deadline to submit first Commitment Reflection if completing Commitment to Family or Community for the Engagement incentive

**November 30:**
Deadline to finish the 2020 BeWell Program
Would you like to take a deeper dive into a wellness topic and get paid for it?

This autumn, HIP has 20 Healthy Living offerings that qualify for the highest BeWell Engagement incentive of $260. Topics range across the health categories so that you can find a learning experience most meaningful to you. Like all of HIP Healthy Living offerings, these programs draw from the sciences to provide sound health education and effective adult learning. Our engagement classes, now all online for your convenience, are designed to inspire and support you in learning and adopting new, sustainable health-enhancing behaviors.

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

Online Offerings
- Better Choices Better Health Digital Program for Health Conditions Self-management (p. 18)
- Building a Positive Relationship with Food (p. 13)
- Enhancing Resilience by Cultivating a Contemplative Lifestyle (p. 21)
- Kurbo – Simple "Traffic-Light" Weight Loss Program (p. 15)
- Meditations for Inner Peace and Sustained Resilience (p. 5)
- Mindfulness in Your Home Garden (p. 8)
- Mindfulness-Based Stress Reduction (MBSR) (p. 6)
- Omada™ Online Weight-Loss Program for Prevention of Diabetes & Heart Disease (p. 19)
- Sleepio – Digital Sleep Improvement Program (p. 11)
- The Heroic Journey – A Creative Path for Personal Transformation (p. 11)
- The Power of the Pause Meditation Retreat (p. 6)
- The Science of Happiness (p. 12)
- Traditional Oriental Medicine Level 2 (p. 12)
- Weight Management – Starting the Journey (p. 17)

Personalized Offerings
- Nutrition (p. 16)
- Mentoring for Weight Loss (p. 15)
- Fitness Design (p. 8)
- Sleep Improvement (p. 23)
- Stress Reduction (p. 23)
- Wellness (p. 9)

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

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NEW | MEDITATION TOOLKIT – PREPARE THE MIND AND BODY FOR A DEEPER EXPERIENCE
Have you ever found yourself struggling to calm the mind or clear your thoughts during meditation? The first step towards a profound meditation experience is complete relaxation of body and mind. Often the stress we store in our bodies holds us back from experiencing the deep calm within. In this two-session online class, we will explore ways to consciously prepare ourselves for meditation using calming exercises and breathwork. We will gain a deeper understanding of the connection between the breath and the mind and practice simple breathing techniques and yoga exercises to fully relax our bodies and minds. By the end of the class, you will have developed a personal toolkit to help you calm and de-stress at will.

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

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NEW | MEDITATIONS FOR INNER PEACE AND SUSTAINED RESILIENCE
Love and compassion are necessities, not luxuries. Without them humanity cannot survive. – Dalai Lama

When we are faced with difficulties, it is easy to spiral into negative thinking, anxiety, and stress over circumstances that are out of our control. One tool that is in our control is the practice of meditation, which research has shown to be effective for stress reduction, emotional self-regulation, improved sleep, boosting immunity, mental health, and enhanced well-being. This online engagement course will teach you how to quiet your mind and connect with a personal sanctuary of inner tranquility through meditation. During the four-week series, you will learn to apply proven meditation practices to cultivate compassion and evidence-based gratitude practices to enhance the quality of your life. Through guided meditations, mindfulness practices, and self-reflection exercises, you will discover key factors to sustained resilience and how to utilize them in your day-to-day life.

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

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

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HEALTH IMPROVEMENT PROGRAM 650.723.9649
CONTEMPLATIVE PRACTICES

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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

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

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

Day Dates Time Location Fee Code
TUE 9/22-11/10 7:00-9:20pm At your computer/device $350 (stay/ex, yes) msm-40

NOTE: Online retreat scheduled for Saturday, October 31, from 9:00 am - 1:00 pm.

THE POWER OF THE PAUSE MEDITATION RETREAT

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 virtual retreat offers you the experience of listening deeply to your body, spirit, and mind while being guided by an experienced teacher, providing a combination of teaching, practice, and reflection for a transformative learning experience.

Join us for contemplative practice, 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-compassion, and loving kindness.

This weekend engagement retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities at Stanford along with guidance on how to continue the "power of the pause" in your daily life.

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

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

Day Dates Time Location Fee Code
SAT/SUN 10/17-10/18 9:00am-12:00pm At your computer/device $200 (stay/ex, yes) popmr-40
NEW | COMING BACK FROM BURNOUT – RE-ENGAGE IN WORK AND LIFE
Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Because the negative effects of burnout can spill over into every area of life, it is important to recognize the early signs of burnout and take steps to manage your stress and restore your well-being.

In this interactive online class, we will review the concept of burnout, learn how to recognize whether you are experiencing symptoms, and most importantly, reveal what you can do to re-engage in your work and your life. You will learn about scientific research on burnout and discover strategies to break the burnout cycle. Then you will have a chance to share your personal experience with other participants and brainstorm ways you might employ these strategies in your own life. At the end of the class, you will have the opportunity to set an intention to take one small step toward reducing the feelings of burnout and rediscovering joy in your work and life.

Instructors:
Deborah 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.

Jeanette Lindsay is the director of talent management and organization development in Stanford University Human Resources. She earned her BS in business administration/marketing from Cal Poly San Luis Obispo and her masters in organization development and change from Penn State.

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NEW | CREATE YOUR OWN HOME WORKOUT – STRENGTH TRAINING 101
We all know that exercise is important for our overall health and well-being. But despite our best intentions, many people find it hard to establish the habit of a consistent workout. Some have just never gotten an exercise routine off the ground. For others, gym closures, cancelled exercise classes, and changing routines in recent months may have derailed them from their exercise goals.

In this noontime webinar, you will learn why incorporating strength training is so important for your overall health and how to put together an effective and complete full-body strength training program at home. This webinar will include demos of simple, effective exercises you can use as building blocks and real-case scenarios to help you create a customized home strength workout that works for you.

Wear comfortable clothing that allow you to move and join in the action. Please bring a pair of free weights (or filled water bottles or cans). This class is suitable for all fitness levels.

Instructor: Jerrie Thurman, MA, is a senior wellness program manager with the Stanford Health Improvement Program and a wellness coach for Stanford BeWell, with 35 years of experience as certified fitness instructor.

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NEW | EXERCISE-RELATED INJURIES – RECOVERY AND PREVENTION
Regular physical exercise has many physical, emotional, and social benefits; it can improve mood, reduce stress, improve the quality of sleep, reduce the risk of chronic disease, and much more. Yet an overzealous workout can also lead to strain and injury, especially for busy professionals who spend more time behind a computer screen than at the gym. How can the weekend warrior and former/retired athlete reap the all of the benefits from exercise while also reducing the risk of injury?

Join this noontime webinar to discover why exercise related injuries happen and how they can be prevented. You will learn the most common acute and chronic/overuse injuries seen in the weekend warrior and outline a safe approach to exercise, maximizing the benefit, and minimizing the injury risk. You will also discover how to maintain an exercise regimen as you age and tips on exercising safely during COVID-19 with more limited access to facilities.

Instructor: Emily Kraus, MD, is a clinical assistant professor at Stanford Children's Orthopedic and Sports Medicine Center and specializes in physical medicine and rehabilitation sports medicine. She has research and clinical interests in endurance sports medicine, injury prevention, running biomechanics, the prevention of bone stress injuries in collegiate athletes and the promotion of health and wellness at any age of life.

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MINDFULNESS IN YOUR HOME GARDEN
Rediscover your home garden as a place of productivity, nourishment, and refuge in this 4-week online engagement class. You will have the opportunity to explore your garden from new angles both literally and figuratively through structured activities drawing from traditions of nature observation, agricultural science, and mindfulness that will reveal unique elements of your garden’s character and your personal relationship to it. You will also participate in hands-on activities each week in your home garden, such as digging in the soil, pressing leaves or flowers, measuring biodiversity, and mapping.

At the end of the class, you will have a better understanding of your garden from both a scientific and human perspective. By spending this dedicated time in your garden, you will reap the health benefits of time outdoors in nature, acts of care and stewardship, physical activity, and mindfulness.

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

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

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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.

The first session is 1-hour followed by two 45-minute sessions. You will be contacted within 5 days of registration for scheduling.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive. Benefits eligible participants need to complete all sessions by Nov. 27, 2020.

Coach: Cecille Taberner, MS, holds a degree in kinesiology and is the health screening manager for the BeWell program. She has more than 20 years of experience in the field of exercise physiology, personal training, health, and wellness. She believes in meeting people where they are in order to build a foundation and establish rewarding and sustainable healthy habits.

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Coach: Jerrie Thurman, MA, is a senior wellness program manager with the Stanford Health Improvement Program and a wellness coach for Stanford BeWell, with 35 years of experience as certified fitness instructor. This is her 31st year working at Stanford in both student and employee wellness. In addition, she is a certified health coach through the American Council on Exercise and has 35 years of experience as a certified fitness instructor. Jerrie is available for sessions Tuesday, Thursday and Friday, 12:30-4:30 pm, by phone and video chat.

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PERSONALIZED WELLNESS

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

Wellness coaching is for individuals who have an interest in making broader life changes. During these 5 wellness coaching sessions, you will work 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, followed by 4 subsequent 15-30 minute conversations.

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

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

NOTE: This class qualifies for the 2020 BeWell Engagement incentive. Benefits eligible participants need to complete all sessions by Nov. 27, 2020.

Julie Anderson, MPH, has been with the Health Improvement Program since 1991 and is currently the manager of the BeWell Wellness Profile Program. Julie has a wellness coaching certification through Wellcoaches® and is a National Board Certified Health and Wellness Coach. 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.

Jayna Rogers, MPH, is a health education manager for the Health Improvement Program and workshop coordinator for the BeWell Employee Incentive Program. She has a National Board Certification in Health and Wellness Coaching and 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.

Elizabeth Buckley Skolnik is a National Board Certified Health and Wellness Coach and Certified Professional Co-Active Coach. 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.

Maia Tamanakis has been a coach with the BeWell program for almost four years and has been a wellness coach for over 13 years. She has coached a diverse population around physical fitness, nutrition, weight management, life transitions, and stress management. Maia uses a firm but gentle approach to behavior change, combining compassion, self-inquiry, and humor to guide and support others in achieving their goals.
NEW | REACHING THE GOALS YOU REALLY WANT – BARRIERS, BOOSTERS, AND BABY STEPS

It’s hard these days to stay focused. Events whirl, changes blur, and we may feel swept away or caught in a trap. We do, however, have our own important and worthwhile goals that we don’t want to ignore or abandon.

If you would like to get grounded, refresh your vision, and move forward, despite distractions, obligations, and doubts, this two-session online workshop is for you. Through group discussions, reflection, and answering some simple-yet-not-easy-questions on your own, you will discover practical and achievable ways to replenish your energy and find boosters to move you toward your goals. The aim is to go around and beyond the overwhelm that can slow a person down.

Come with one or two concrete goals and with some thoughts about barriers that may be getting in your way – and leave the two sessions with your own roadmap to progress.

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

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NEW | SELF-EMPOWERMENT THROUGH POSTURE

What if people in indigenous, ancestral, and non-industrialized cultures know a better way to “have it all”? Having arrived on the planet without a user’s manual for our bodies, we depend on our culture to help us develop healthy movement and posture habits. In modern times, however, this cultural support has been eroded.

Join us for this noontime webinar to explore how your posture affects your whole life – and what you can do to restore and reinforce it. We will use posture as a springboard to examine the connection between physical well-being and emotional empowerment. You’ll observe the obvious aspects of posture, like strength, self-confidence, and poise, and dig into some less obvious aspects, like relaxation, openness, and adaptability.

During this workshop, you will study how to pool global best practices for multitasking in the face of life’s varied demands and how common posture cues like “chin up, chest out” and “sit up straight” undermine rather than support your body’s structural integrity. Learn how to restore a natural, healthy, and confident body and mind, cultivate a regal carriage, and look captivating!

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

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SIT AND STAND COMFORTABLY AT YOUR COMPUTER STATION – REMOTE INDIVIDUAL SESSION

Working from home can present challenges to staying comfortable. The way you use your workstations can make all the difference. These remote 1-hour individual sessions that take place over Zoom at your workstation (both off and on campus) provide a body-centered approach to optimize your actions while working to reduce sources of tension and pain.

You will receive customized instruction to help alleviate pain in your neck, shoulders, back, and arms, 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. Choose one or two sessions. You can use the second appointment at your second office or for additional follow-up at the same location. Please allow 5 days for instructor to contact you.

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

Two options to choose from:

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SLEEPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM

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

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

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

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

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THE HEROIC JOURNEY – A CREATIVE PATH FOR PERSONAL 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 online engagement 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 a 2020 BeWell Engagement incentive.

Instructor: Dominique Del Chiaro, Me.D, is the senior manager of the Healthy Living Programs, a seasoned educator, transpersonal life coach, dance and fitness instructor, and mentor teacher. She has facilitated healthy workplace classes and professional development workshops for over 25 years.

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NEW | THE SCIENCE OF HAPPINESS

Emerging research shows that being happier doesn’t just make you feel better – it actually brings a host of potential health benefits, including promoting a healthy lifestyle, reducing stress, and increasing longevity. Research also indicates that our happiness is largely within our control and can be increased through simple habits and choice.

Energize your life with this 5-session online engagement class to explore the science of happiness. We will draw on the research by Martin Seligman, Sonja Lyubomirsky, Barbara Fredrickson, BJ Fogg, Carol Dweck, and others to uncover proven and practical tools you can use to live a happier life.

Through guided interactive group discussion and activities, journaling, and take-home exercises, you will learn to leverage your own inherent strengths and values, and draw from internal resources to expand your capacity for happiness. By the last session, you will have a toolkit of practical, research-based strategies to reset your vision, upgrade your relationships, and tap into the joyful abundance that exists around you.

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

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

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TRADITIONAL ORIENTAL MEDICINE LEVEL 2 – EMOTIONAL HEALING WITH QIGONG & ACUPRESSURE

Building on the foundation created in the Traditional Oriental Medicine (TOM) Level 1, this course will provide self-care skills for health enrichment and healing on the emotional level.

In this weeklong engagement course, you will learn TOM techniques for resolving and releasing negative emotions, using new qigong movements, meditations, and healing sounds.

Discover how to identify your main element, which will help you specifically address your personal health, including sleep patterns and stress reduction. Through a combination of lecture and active practice, you will deepen your TOM self-care skills and enhance well-being through care of mind, body, and spirit.

This class is limited to participants who have completed Traditional Oriental Medicine Level 1.

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

Instructor: Luca Moschini, founder and head instructor of Dashen® Foundation of acupressure and qigong training. Luca 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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BUILDING A POSITIVE RELATIONSHIP WITH FOOD – BREAK THE STRESS EATING CYCLE

Eating is a vital activity, meant to nourish and support our bodies. But often we can eat for other reasons – to fit in at social situations, relieve stress, satisfy cravings, or try to make ourselves feel better. This emotional and mindless eating can lead to an unhealthy relationship with food.

In this online engagement class, we will explore the psychological foundations of a positive relationship with food to enhance mind-body health and optimize performance. You will learn research-based mindfulness practices shown to enhance physical and psychological well-being based on MB-EAT (Mindfulness Based Eating Awareness Training).

Through meditations, mindful eating experiences, and group processing, you will discover ways to assess your own hunger and satiety and free yourself from the stress-eating cycle. This class has been adapted to be inclusive of all body sizes, shapes, and sizes with a health rather than weight-centered approach.

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

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

NEW | COMFORT FOODS MADE HEALTHIER

Join us for our new fall virtual cooking three class series to learn how to enjoy the comfort foods you crave in a healthier way.

Studies show that we consume three times the recommended daily limit of added sugar, contributing to a number of health risks including weight gain, type-2 diabetes, abnormal cholesterol levels, and cardiovascular disease. In these 1-hour webinars, you will cook alongside a best-selling cookbook author to create delicious and healthy dishes by sweetening with fiber-rich fruits and vegetables instead of added sugar. Not only will you end up with healthy foods to enjoy immediately, you’ll also learn the latest evidence-based science about added sugar and discover essential cooking strategies that you can employ in your family’s favorite recipes to boost flavor and healthfulness in the foods you make.

Each class will feature different recipes, and all of the recipes can be made gluten-free, dairy-free, nut-free, and vegan so that everyone at your table can enjoy the treats. Join for one or join for all!

Instructor: Jennifer Tyler Lee is an author and healthy eating advocate who earned her certificate in nutrition and healthy living from Cornell University. Her new book, *Half the Sugar, All the Love*, is co-authored with Stanford pediatrician and associate professor Dr. Anisha I. Patel and her recipes have been featured by *The Washington Post*, Alice Waters, Mark Bittman, Michael Pollan, Jamie Oliver, and Oprah.

Class 1: CREAMY TOMATO SOUP AND MAPLE BROWN-BUTTER CORN BREAD

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Class 2: MASON JAR SALAD WITH CREAMY POPPYSEED DRESSING

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Class 3: DOUBLE CHOCOLATE BROWNIES AND HONEY ICE CREAM PEACH POPS

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FOOD TRENDS – THE EVIDENCE BEHIND POPULAR FOODS AND DIETS
Is that sugar in your diet shortening your lifespan? Should you be fasting every other day for optimal weight control? How about keto? Does turmeric truly improve your immune system? How about those other superfoods?

Join us in this 3-session online course to learn tools that will help you discern truth over fiction regarding food and diet trends. Enhance your knowledge related to current popular foods, fat loss, and fad diets as we address topics such as sugar, intermittent fasting, keto diet, and super foods.

Through creative discussion, weekly tips, application of tools derived from nutritional science, and a virtual taste test from your kitchen, you will become empowered to navigate the ongoing hype around popular food trends. Take control over the misinformation and embrace your health through effective dietary practices.

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

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HOLIDAY EATING – BREAKING THE CYCLE
The winter holiday season is almost here. 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 us for this noontime webinar to learn how to "maintain, not gain" during the 2020 holiday season.

We will discuss how to successfully navigate holiday dinners and buffets, how to apply the hunger/fullness scale to prevent overeating, and how to practice mindful eating to be intentional about food choices. You will also learn how to make healthier versions of your favorite holiday treats.

Instructor: Christina Becker, MPH, RDN, NBC-HCW, is an integrative nutritionist, board-certified wellness coach, and certified intuitive eating counselor with more than 17 years of experience working in the healthcare industry. She provides 1:1 and group coaching, talks, corporate programming and seminars for Silicon Valley Fortune 50 companies, Stanford, and her private practice.

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KURBO – SIMPLE ‘TRAFFIC-LIGHT’ WEIGHT LOSS PROGRAM

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

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

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

NOTE: This class qualifies for the BeWell Engagement incentive. Benefits eligible employees that want to receive the 2020 BeWell engagement incentive need to register by Oct. 9, 2020.

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PERSONALIZED MENTORING FOR WEIGHT LOSS

You've successfully begun your healthy eating journey. Now you need to deepen your practice to maintain your success.

In this 4-session program, with a mentor by your side, you can improve upon 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 learn what really works for life-long success, all while having a personal mentor cheering you on your way.

The first session is one hour followed by three 30-minute sessions so you can practice and get feedback over time. You will be contacted within 5 business days of registration to schedule an appointment.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive. Benefits eligible participants need to complete all sessions by Nov. 27, 2020.

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

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PERSONALIZED NUTRITION

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

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

NOTE: This class qualifies for the 2020 BeWell Engagement incentive. Benefits eligible participants need to complete all sessions by Nov. 27, 2020.

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

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Christina Becker, MPH, RDN, NBC-HCW, is an integrative nutritionist, board-certified wellness coach, and certified intuitive eating counselor with more than 17 years of experience working in the healthcare industry. She has a non-diet, mindful, and holistic approach to health and provides guidance on a broad range of nutrition topics including intuitive and mindful eating, non-diet weight optimization, heart disease, diabetes, and gut health/IBS.

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

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Shauna Hyde, MS, RD, CPT, is a registered dietitian and personal trainer specializing in diabetes prevention and management, cholesterol management, weight loss, and blood pressure control. She has experience in research projects at the Stanford Prevention Research Center and the Palo Alto Medical Foundation and currently works on several research trials at The Weight Control and Diabetes Research Center in Providence, Rhode Island. She can help you improve your diet with simple, realistic modifications like meal preparation, grocery shopping, eating out, and physical activity.

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

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**WEIGHT MANAGEMENT – STARTING THE JOURNEY**

This 6-week online engagement 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 after registering to ensure that the class is the right fit for them.

*NOTE: This class qualifies for a 2020 BeWell Engagement incentive.*

**Facilitator:** Deborah 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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**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. However, 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 curiosity to this noontime webinar 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 fresh ideas for 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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**PROTEIN OBSESSION – HOW MUCH DO WE NEED AND WHERE SHOULD 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 webinar, you will learn 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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PREVENTION & MEDICAL MANAGEMENT

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

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

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

NOTE: This class qualifies for the 2020 BeWell Engagement incentive. Benefits eligible employees that want to receive the 2020 BeWell engagement incentive need to register by Oct. 9, 2020.

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NEW | CANNABIS AND YOUTH
While many states allow recreational use of cannabis in adults ages 21 and over, recreational cannabis use by children and teenagers is not legal anywhere in the United States. Despite its illegal status, cannabis is one of the most commonly used substance among adolescents along with vaping and alcohol use, and young people who use cannabis may experience poor health outcomes.

In this free webinar, you will learn the facts about how youth are using cannabis in the United States and its effect on their health. We will discuss the different methods of cannabis youth are using, including vaping, smoking, and edibles, and the harms they cause. We will also discuss why youth are using these products, including perceived risks, benefits, and marketing. After learning the health impacts, you will be given evidence-based resources that can be used to help prevent and reduce youth use of cannabis.

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

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

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

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**NEW | CHRONIC INFLAMMATION – TOO MUCH OF A GOOD THING**

Inflammation is a vital part of the immune system's response to injury and infection. However, when the inflammatory response goes on too long or shows up where it's not needed, it can become problematic. This type of inflammation – called chronic low-level inflammation – has been linked to health conditions including heart disease, certain types of cancer, cardio-respiratory disease, diabetes, and obesity.

In this engaging, evidence-based webinar, you will learn relevant research related to the causes of low-level chronic inflammation and how lifestyle choices such as nutrition, movement, sleep, and reframing stress can protect us from this type of "inflammation gone awry." Walk away with an action plan of 1-2 changes you can make in your daily life to minimize your risk of low-level chronic inflammation and improve your health and well-being.

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

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

Are digestive issues interfering with your life? If so, you may be suffering from irritable bowel syndrome (IBS), a common disorder that affects your intestines. Signs and symptoms of IBS can include cramping, abdominal pain, bloating, gas, diarrhea, and constipation.

In this 2-session online class, we will examine what is happening in the gut with IBS. You will learn about FODMAPS – types of carbohydrates found in certain foods such as wheat and beans – and how they impact IBS symptoms. We will also look beyond diet and explore integrative approaches and methods to tame an upset tummy, relieve the painful symptoms of IBS, and support a healthy and happy gut.

**Instructor:** Christina Becker, MPH, RDN, NBC-HCW, is an integrative nutritionist, board-certified wellness coach, and certified intuitive eating counselor with more than 17 years of experience working in the healthcare industry. She provides 1:1 and group coaching, talks, corporate programming and seminars for Silicon Valley Fortune 50 companies, Stanford, and her private practice.

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

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

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

**NOTE:** This class qualifies for the 2020 BeWell Engagement incentive. Benefits eligible employees that want to receive the 2020 BeWell engagement incentive need to register by Oct. 9, 2020.

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

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NEW | REDUCE YOUR CARDIOMETABOLIC RISks WITH A HEALTHy LIFESTYLE

Cardiometabolic syndrome (CMS) is a combination of metabolic dysfunctions that can greatly increase the risk of heart attack, stroke, type 2 diabetes, and other diseases. An estimated 47 million people in the US are living with cardiometabolic disorders. Knowing how to decrease your risk can help you live a longer, healthier life.

In this noontime webinar, you will learn the signs and stages of CMS, review the relationship between blood pressure, cholesterol, glucose, and excess weight as it relates to this syndrome, and discover how a healthy lifestyle that includes regular exercise, healthy diet, regular sleep, not smoking, and stress reduction can greatly reduce your risk. Research has shown that improving cardiometabolic health reduces individual risk factors and reduces overall mortality, independent of weight.

The session will conclude with a cooking demo, showing easy ways to make popular foods with a healthful and delicious twist.

Instructors:
Sandra Tsai, MD, MPH, is a board-certified internist who currently practices at Stanford Health Care. She specializes in cardiometabolic conditions, including elevated cholesterol, elevated glucose, and hypertension.
Rosalyne Tu, MS, RDN, has been working as a dietitian since 2003 and is currently a manager for the BeWell Wellness Profile and HIP nutrition programs.

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NEW | SCIENCE-BASED STRATEGIES TO BOOST YOUR IMMUNE SYSTEM

The immune system is a marvelously complex set of organs, cells, and chemicals that fight microbes every day. While there are many products, plans, and pills on the market claiming to boost the immune system, how can you know which remedies and lifestyle choices truly make a difference?

In this noontime webinar, you will learn how to keep your immune system healthy based on scientific evidence, not just blogs or urban legend. Understand how the immune system changes as we age and what actions are especially important for older adults. We will examine trending immune remedies and discuss what the science says about their efficacy. Separate fact from fiction when it comes to the link between a healthy immune system and diet, exercise, sleep, supplements, and stress. You will walk away with 1-2 practical steps you can take right away to keep yourself healthier.

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

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SMOKING AND VAPING CESSATION – INTENTIONAL QUITTING

Learn how the brain impacts our ability to quit smoking and vaping and develop the skills you need to finally be free from nicotine. This program begins with an initial 20-minute intake phone call followed by one 60-minute consultation. Following the consultation, the instructor and the participant move forward with sessions that support the process of letting go of smoking or vaping. Participants typically find that about 10 additional sessions over one year are helpful to support the quitting process. Sessions are available Mon – Fri by video chat.

This paid program is for community members and Stanford retirees. HIP also offers a FREE smoking/vaping cessation program for benefits-eligible Stanford University employees along with their families and dependents (14 years and older).

Instructor: Jayna Rogers, MPH, is a health education manager for the Health Improvement Program and workshop coordinator for the BeWell Employee Incentive Program. She has a National Board Certification in Health and Wellness Coaching and 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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Stress & Resiliency

NEW | FOSTERING KIND AND COMPASSIONATE RELATIONSHIPS DURING TIMES OF STRESS
The coronavirus pandemic and shelter-in-place has put tremendous stress on relationships. Some people find themselves suddenly spending 24/7 in close quarters with spouses, children, and other family members, while others are completely isolated from any physical contact and struggling with intense loneliness.

This online workshop will cover some of the common stressors and emotional cycles that people are experiencing in their relationships as they face the pandemic. We will outline helpful processes for personal stress reduction, explore ways to have meaningful family time, and provide tools for compassionate and supportive communication. Through breakout groups, class discussion, and exercises, you will have the opportunity to share your experience and gain support from others. By learning ways to navigate your relationships with family, friends and your community, you can build strength and resilience in these difficult times.

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

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ENHANCING RESILIENCE BY CULTIVATING A CONTEMPLATIVE LIFESTYLE
Resilience is fundamental to health and well-being, especially in this unprecedented time. Stanford longitudinal population studies have identified that people whose lifestyles include contemplative practices are currently experiencing greater resilience, as well as better physical and emotional health, including less anxiety, distress and depression. This class will help cultivate your resilience-building contemplative lifestyle to promote your resilience. Enjoy being in community with fellow participants to effectively engage with the events of this historic time.

Resilience facilitates adaptation in the face of uncertainty and change, as well as the ability to learn from both, which in turn deepens discernment, wisdom and compassion for all. Contemplative practices include mindfulness, self-compassion, breathing, reflection, gratitude journaling, and membership in something larger than your individual life.

This 2-session online engagement workshop, in conjunction with the numerous contemplation-related opportunities offered in Stanford’s 2020 Contemplation by Design (CBD) Summit, September 30 – October 6, will equip you with a personal resilience-building contemplative lifestyle plan.

Separate registration in 4 of the free Summit sessions is a required part of this engagement class. Register for your choice of Summit sessions at https://contemplation.stanford.edu/summit.

NOTE This class qualifies for the 2020 BeWell Engagement incentive

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

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NEW | HOW TO REGULATE THE NERVOUS SYSTEM AND RESTORE HEALTHY SLEEP

Research has shown that good sleep is vital for health and well-being. Yet for many who suffer from stress and anxiety, a good night's sleep remains an elusive dream. Their sleepless nights are filled with restlessness and a racing mind, and they face each new day depleted rather than restored.

Stress reactivity manifests through symptoms generated by the sympathetic nervous system, the primary mechanism in control of the fight-or-flight response. In this webinar, you will learn and practice three key skills that help restore regulation of the nervous system, bringing you from a state of perpetual vigilance into one of relative safety and calm, allowing mind and body to rest.

From the presenter’s experience working with close to 100 Sleep Improvement students with Stanford HIP, 98% of those students have improved the quality of their sleep primarily through attention to stress management. With awareness, we can actively choose to employ practices that help create balance in the nervous system and thus restore our ability to make sound decisions, reason and analyze, feel empathy, and relax into healthy sleep.

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

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NEW | NAVIGATING BEHAVIOR CHANGE DURING COVID-19 – MOVING TOWARD WHAT NOURISHES US

Daily life during a global pandemic is full of challenges. With new stressors and changed schedules, even things that used to feel easy can suddenly seem overwhelming. Trying to work toward positive behavior change in an uncertain world can feel almost impossible. Even with the best of intentions, we may find ourselves drawn back into old patterns and self-limiting behaviors, leading to feelings of shame, guilt, and anxiety.

Join us for this noontime webinar to explore how our motivations and values shape our actions and gain practical tools for doing what truly nourishes us during these difficult times. Citing scientific research on stress, behavior change, and neuroplasticity, we will explore what draws us to self-limiting behaviors and how validation, affirmation, and compassion can move us closer to self-supporting behaviors and the life we truly desire.

Instructor: Sarah Meyer TapiaW, MA, is associate director in the Division of Health and Human Performance at Stanford University. She has worked in both employee and student wellness, studying and teaching stress-management, mindfulness, self-compassion, and behavior change to students, faculty, and staff.

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RELAXING INTO SLEEP – HOW OUR DAYS AFFECT OUR NIGHTS

Discover how the simple practice of mindfulness can help transform your lifestyle habits in order to set the stage for a peaceful night's sleep. In this 3-session online class, we will review core aspects of wellness — sound sleep, stress reduction, consistent exercise, and healthy eating — and learn how the establishment of these fundamental activities affects each moment of our day and the quality of our sleep at night.

We will study how the nervous system responds to stress — often creating a state of perpetual vigilance — and practice key skills that help restore balance and calm to the body and mind. You will 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, in addition to mindful movement, gentle yoga and guided meditation.

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

### PERSONALIZED SLEEP IMPROVEMENT

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

### PERSONALIZED STRESS REDUCTION

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

NOTE: These classes qualify for the 2020 BeWell Engagement incentive. Benefits eligible participants need to complete all sessions by Nov. 27, 2020.

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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### RELAXING INTO SLEEP – HOW OUR DAYS AFFECT OUR NIGHTS

Discover how the simple practice of mindfulness can help transform your lifestyle habits in order to set the stage for a peaceful night's sleep. In this 3-session online class, we will review core aspects of wellness — sound sleep, stress reduction, consistent exercise, and healthy eating — and learn how the establishment of these fundamental activities affects each moment of our day and the quality of our sleep at night.

We will study how the nervous system responds to stress — often creating a state of perpetual vigilance — and practice key skills that help restore balance and calm to the body and mind. You will 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, in addition to mindful movement, gentle yoga and guided meditation.

Instructor: Patty McLucas is the founder of Mindful Wellness Group and has more than 20 years of experience as a wellness consultant. She currently teaches classes in mindfulness for Stanford's Cancer Supportive Care Program and the Health Improvement Program and has taught for other organizations including Apple and Google.
The Health Improvement Program (HIP) now offers an individualized coaching program specifically for health care clinicians.

Included in the program:

- 6-session or 3-session package of one-on-one coaching (remote or in person)
- A dedicated health coach, certified from an accredited coaching program and/or a Nationally Board Certified Health and Wellness Coach

Topics include:

- Self-advocacy
- Boundary development
- Perfectionism
- Self-compassion
- Home and/or work efficiency
- Handling difficult conversations
- Maintaining meaning and purpose
- Reducing social isolation

PROGRAM DETAILS

The Health Improvement Program (HIP) now offers an individualized coaching program specifically for health care clinicians.

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Topics include:

- Self-advocacy
- Boundary development
- Perfectionism
- Self-compassion
- Home and/or work efficiency
- Handling difficult conversations
- Maintaining meaning and purpose
- Reducing social isolation

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.

To register: visit hip.stanford.edu

For more information: medwellness@Stanford.edu

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