Creativity as Your Personal Well-Being Strategy

Bruce Cryer
Monday, May 4, 1:30 pm - 5:00 pm
Fridays May 8 and 15, 12:00 pm - 1:15 pm
Stanford Redwood City, Cardinal Hall
505 Broadway, Room 145
$250.00

Are you expressing your creativity to the fullest? Do you greet each day with exuberance, joy, and love for your work? Do you make time to nurture yourself and your highest aspiration for living? Do you have an unfulfilled need to be creative again or to experiment with new creative forms? We all need creativity to solve problems, start important projects, repair relationship challenges, help others in need, and simply to be the fullest expression of ourselves. Thanks to significant research in disease prevention, longevity, and optimal health and well-being, we now know that creativity is great for our mental, emotional, physical, and spiritual health. Finding our creative flow in artistic or other soul-satisfying endeavors makes our immune system stronger, our cardiovascular system more efficient, and our cognitive function sharper and clearer.

In this 3-session course (one 3.5-hour session, followed by two 75-minute sessions), you will be immersed in exploring your own creativity through music, art, dance, creative writing, and photography. You will learn hands-on through a creative project of your choosing, integrating the 5 catalysts of mindfulness, movement, nature, playfulness, and artistic expression to keep creativity alive as your personal well-being strategy. Each participant will receive a thumb drive containing an audio series of guided meditations, a 19-slide inspiration slide show, a video mini-documentary of the What Makes Your Heart Sing project, and 2 articles on creativity.

Please note the 3 class dates and times: Class 1 on Monday, May 4, 1:30 pm - 5:00 pm. Classes 2 and 3 on Fridays, May 8 and 15, 12:00 pm - 1:15 pm.

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

Cultivating Your Inner Compass - How to Navigate Competing Values

Dominique DelChiaro, MEd
Thursdays
April 30 – May 21
5:30 pm - 7:00 pm
Li Ka Shing Center for Learning and Knowledge
291 Campus Drive, Room 304/305
$200

Every day we are faced with pressure from the world around us to make certain decisions and act in certain ways. Sometimes these expectations from others can lead us along a path that is in conflict
with our core values, and we may find ourselves living a life that feels out of step with the person we know we really are. We all have an inner compass, that intrinsic sense of knowing what is right for us beyond the constant mind noise, social pressures, and emotional triggers. By tuning in to this inner guide, we can connect to the deeper parts of our innate intelligence to align with our values, convictions, purpose, and sense of truth. Come explore how to foster, cultivate, cherish, and gain guidance from your inner compass.

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

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

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**Equine-imity - Stress Reduction in the Company of Horses**
Beverley Kane MD  
Thursdays  
May 7 – May 28  
4:00 pm - 5:30 pm  
Webb Ranch  
2720 Alpine Road  
$325.00

Do you wonder what it means to be "healthy as a horse?" This 4-week engagement course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply other stress relief techniques. Horses help us develop these skills through their magnificent strength, grace, and reading of body language. They teach us to use all our senses plus breath and movement to release stress, heal, and invigorate the body. Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses.

The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of Tai Chi and Qigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or "of the body" learning, in combination with daily practices offered in class, will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition. The course includes 4 class sessions plus 1 individual private session. No horse experience needed.

Instructor: Beverley Kane, MD, is an integrative medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. She will be assisted by Robin Murphy, a PATH-certified therapeutic riding instructor, with extensive experience in teaching adults and children.

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**Life's Purpose Workshop - Exploring Purpose for Health, Happiness, and Longevity**
Jayna Rogers  
Fridays  
May 8 – May 29  
12:00 pm - 1:30 pm
Do you ever feel a need for greater professional or personal fulfillment? In the past few decades, studies on longevity have shown that people who live a “purpose-driven life” not only find more meaning and fulfillment but are also healthier and happier.

In this 4-session engagement workshop, we will take a methodological approach to understanding the importance of purpose, finding your purpose and putting it in the driver’s seat for living a healthier and more fulfilled life. Join us, as we identify the health benefits of having purpose in life (reduced anxiety, better sleep, lower mortality to name a few).

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

Instructor: Jayna Rogers, MPH, is a health education manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management, and smoking cessation.

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**Mindful Eating - Making Healthy Choices and Managing Weight by Eating with Intent**

Patty McLucas  
Wednesdays  
April 1 - 22  
12:00 pm -1:30 pm  
Stanford Redwood City, Cardinal Hall  
505 Broadway, Room 145  
$200.00

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

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

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.
**Mindfulness-Based Stress Reduction (MBSR)**
Mark Abramson  
Tuesdays  
March 31 – May 19  
7:00 pm – 9:30 pm  
Li Ka Shing Center for Learning and Knowledge (LKSC)  
291 Campus Drive, Room 120  
$330

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

Note: Retreat on Saturday, May 9, from 9:00 am - 5:00 pm in Li Ka Shing, Room 101/102

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

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**Nutritional Strategies for Optimal Health**
Maryam Hamidi PhD  
Thursdays  
May 7 - 28  
11:30 am -1:00 pm  
Li Ka Shing Center for Learning and Knowledge  
291 Campus Drive, Room 209  
Price TBD

Most people know that diet is an important part of our physical health, but new research shows that nutrition can also affect us in novel and surprising ways. Take a deep dive into the latest research on nutritional strategies in this 4-session engagement class. You will learn about the emerging field of chrono-nutrition - how the time, frequency, and regularity of eating can affect health - and explore the link between what we eat and how we feel. You will also discover the associations between our eating habits, sleep, and pain, and review the pros and cons of some popular diets such as keto and intermittent fasting. By the end of this workshop, you will have a greater understanding of how nutrition affects many elements of your personal health and a strategy to optimize your diet for enhanced well-being.

Instructor: Maryam S. Hamidi, PhD, is a member of the Stanford Medicine WellMD and WellPhD Center team and leads initiatives at that promote personal well-being, self-care, and a culture of wellness at Stanford Medicine. She is an expert in nutrition and behavioral medicine, with current work on reducing fatigue and improving mood and cognitive performance of professionals with high cognitive demands.
The Power of the Pause Meditation Retreat at Stanford
Tia Rich
Saturday
April 25
9:00 am – 5:00 pm
Stanford Main Quad, Palm Drive
$225.00

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-compassion, and loving kindness. This retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities on campus along with guidance on how to continue the "power of the pause" in your daily life. Retreat participants will receive the "Breathing for Longevity Love and Livelihood" CD as part of the course.

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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Traditional Oriental Medicine: Level 1
Luca Moschini
Monday – Friday
June 1 – June 5
6:00 pm - 7:15 pm
Li Ka Shing Center for Learning and Knowledge
291 Campus Drive, Room 209 and 304/305
$200.00

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

At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands.
Instructor: Luca Moschini, Dipl. ABT (Asian Bodywork Therapy), is the founder and head instructor of Dashen® Foundation of acupressure and qigong training. He has a private practice in Mountain View, CA, and is a former faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose.

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**Wellness in the Garden**
Anna Lee  
Tuesdays  
March 31 – April 21  
5:30 pm - 7:00 pm  
O'Donohue Family Stanford Educational Farm  
Oak Road, Palo Alto  
$200.00

This class is co-sponsored with the School of Earth, Energy & Environmental Sciences. When we care for our gardens, we're also caring for ourselves, getting exercise, growing healthy food, and spending time outside. The rhythms of the garden can also facilitate mindfulness and contemplation and offer opportunities to engage with nature in positive and rejuvenating ways.

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

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

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**Personalized Fitness Design**
Your preferred provider  
Flexible scheduling  
In person, by phone or video chat  
$275

This 3-session individualized program is designed for those who would like guidance and/or support to begin, sustain, or ramp up their exercise endeavors. Whether you’d like to start a walking program, improve your cardiovascular function, body composition, flexibility, or just explore new ways to get active, these 1:1 sessions with an experienced exercise physiologist and wellness coach will help you to create a safe, fun, and effective plan of action.

Meeting three times in a supportive and non-judgmental space, you will be able to set goals, review progress, explore challenges, and refine your plan to make physical activity a rewarding and core component of your healthy lifestyle. This is a non gym-based program focused on empowering individuals to become self-managers of their health.

Please note: The first session is 1-hour followed by two 45-minute sessions.
Personalized Nutrition
Your preferred coach
Flexible scheduling
Phone/video chat
$275

Here is an opportunity to sit down with an experienced nutrition coach in a comfortable, non-judgmental 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.

Personalized Mentoring for Weight Loss
Linda Adler
Flexible scheduling
In person/by phone
$250

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

Program note: The first session is one hour followed by two 45-minute sessions.

Instructor: 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.

Personalized Stress Reduction
Patty McLucas
Flexible scheduling
In person/by phone or video chat
$275

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. In-person and video chat
coaching sessions available.

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

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**Personalized Sleep Improvement**

Patty McLucas  
Flexible scheduling  
In person/by phone or video chat  
$275

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

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

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**Personalized Wellness**

Your preferred coach  
Flexible scheduling  
Phone/video chat  
$275

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

The first session is a 1-hour conversation, followed by 4 subsequent 15-30 minute conversations. While participants are welcome to work on making changes to their eating and/or stress management behaviors during the course of wellness coaching, wellness coaches might not be content experts in these areas. If you are interested in specific diet or stress management advice, please consider registering for Personalized Nutrition or Personal Stress Reduction, respectively. Please read our coaches’ biographies carefully before registering, as each of them brings a unique set of specializations and experience and differs in their availability. You will be contacted within 5 business days of registration to schedule an appointment.
**Better Choices, Better Health**
Start anytime
At your computer/device
$270.00

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 20 years ago, Better Choices, Better Health is now offered online. Participants join a workshop of 25 to 30 other people with long-term health conditions and can expect the workshop to begin within 1 to 2 weeks after signing up. At their convenience, participants access weekly lessons that support them with healthy eating, exercise planning, communication skills, dealing with frustration, fatigue, and pain, making informed treatment decisions and other disease-related problem solving. Trained facilitators, also living with long-term health conditions, guide participants in setting small, achievable goals with an Action Planning tool.

As participants give and receive support, their shared success builds the kind of confidence proven to facilitate lasting positive changes. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions* and access to the program's alumni community upon completion.

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**Kurbo - Simple "Traffic-Light" Weight Loss Program**
Start Anytime
Your Computer/Device
$250

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.

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**Omada – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease**
Start Anytime
Your Computer/Device
$550
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.

**Sleepio - Digital Sleep Improvement Program**

Start Anytime  
Your Computer/Device  
$300

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 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 which cover common problem areas, like pregnancy and sleep, shift work, and jet lag.

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 that are tailored to your specific problems and progress.