Align Your Time: Practical Solutions to the Epidemic of Busy
Linda Clever, MD
Tuesdays
08/06/2019 – 08/27/2019
12:00 pm – 1:30 pm
Stanford Redwood City, Cardinal Hall
505 Broadway, Room 145
$200

Ask almost anyone how they are doing, and the likely response is, busy. The frenetic pace of modern life has created a global epidemic of overscheduling, leading to significant health concerns including increased stress and anxiety, lack of sleep, reduced exercise, and strained relationships. But time does not have to be your enemy.

In this course, you will learn how to recalibrate your relationship with time and get your life back. We will cover recognizing time savers and time wasters, making smart decisions, outlining your priorities, and setting and keeping time limits. You will learn to recognize the danger signals of overload and design steps to get healthy and stay that way. The course will take place over 4 lively, 90-minute noontime gatherings, with opportunities to reflect and to write during and between meetings. Through conversations and presentations, you will find innovative ideas on aligning your time with your priorities and values and will leave the course with practical solutions to ending your time crunch.

Instructor: Linda Hawes Clever, MD, is founder of the non-profit RENEW and author of The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life. She is a graduate of Stanford Medical School and a board certified physician in internal and occupational medicine.

Climate Change: What You Can Do
Steve Attinger, Jane Rosten
Wednesdays
08/07/2019 – 08/21/2019
6:30 pm – 8:30 pm
Always Building, Room M208B
$160

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

This 3-session class is designed to turn good environmental intentions into action. The course takes much guesswork out of which actions have greatest impact, providing a roadmap for where to spend precious time. You will learn how to “green” your transportation at your own pace, save energy at home, improve recycling efforts, make greener financial decisions and dietary changes, impact policy, and more. Through the combination of more than two decades of professional experience, the latest research in behavioral science, and facilitated group support, this class will help you make a real difference. This class is also approved for the new Cardinal Green financial incentive.

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

CourAGEous Aging: Cultivating Vitality in the Midlife + Years
Carol Pertofsky
Saturday
08/17/2019
9:00 am – 5:00 pm
Li Ka Shing Center for Learning and Knowledge
291 Campus Drive, Room 208/209
$200

Negative messages on aging in the media and popular culture can sometimes feel overwhelming. In this one-day workshop, we explore the latest research and best practices that challenge these self-limiting attitudes and learn practices designed to awaken vitality, wisdom, and courage in the mid-to-later years. During this course, you will learn how to spark joy, cultivate courageous resilience, develop financial well-being, and practice the best possible self-care for your body, mind, and spirit. Topics will include understanding and applying the latest research on well-being, the power of meaning and purpose, the basics of money management, and practical lifestyle choices that sustain robust health and vitality. The course will combine lecture with experiential activities designed to bring vitality, joy, and meaning to this important time of life. You will have the opportunity to design a vision of new possibilities based on your unique life experience and course material.

Instructor: Carole Pertofsky, M.Ed., is a national speaker, consultant, and seminar leader. She teaches positive psychology and wellness courses at Stanford University, Silicon Valley companies, and retreat centers and is a trained Mindful Self Compassion instructor and certified leadership and wellness coach.

Guest Lecturer: Mike Duffy is a philanthropist and author of five books on happiness. He has more than 27 years of experience in finance and is the founder and CEO of Happiness Wealth
Management in San Carlos, CA. He is also the founder of the International Happiness Hall of Fame.

**Creativity as Your Personal Well-Being Strategy**

Bruce Cryer  
Thursday 08/08/2019, 1:30 pm – 5:00 pm  
Tuesday 08/13/2019, 12:00 pm – 1:15 pm  
Thursday 08/15/2019, 12:00 pm – 1:15 pm  
Li Ka Shing Center for Learning and Knowledge  
291 Campus Drive, Room 208/209  
$250

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, 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 to keep creativity alive as your personal well-being strategy.

**Please note:** Class 1 on August 8, 1:30 - 5:00 pm, LKS 208. Classes 2 and 3 on August 13 and 15, 12:00 - 1:15 pm, LKS Rm 209.

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 HIP program and the Graduate School of Business since 1997.

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**Equine-Imity - Stress Reduction In the Company of Horses**

Beverley Kane, MD  
Thursdays  
07/11/2019 – 08/01/2019  
4:00 pm – 5:30 pm  
Webb Ranch  
2720 Alpine Road, Portola Valley  
$320
Do you wonder what it means to be "healthy as a horse?" This 4-week course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply 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 a family 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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**Five Times Ten: Ten Minute Mindfulness Practices to Do Anytime, Anywhere**

Patty McLucas  
Tuesdays & Thursdays  
07/18/2019 – 08/13/2019  
12:00 pm – 1:00 pm  
Kingscote Gardens, Suite 110  
419 Lagunita Drive, Room 140  
$200

You've heard about the benefits of mindfulness for reducing stress, improving sleep, and elevating the experience of daily living. You'd like to get started, but don't have much time to spare.

This workshop-style class is designed to provide a low-friction entry into learning and benefiting from foundational mindfulness practices. In 8 sessions, you will learn 5 practical and replicable practices and ways to implement them into your life without requiring extra time. With just a shift in awareness, these practices can be done simultaneously with daily activities at work or home. You'll receive fundamental, experience-based instruction in meditation and mindfulness derived from the Mindfulness-Based Stress Reduction curriculum and the latest science demonstrating the benefits to brain, body, and mind.

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.

The Heroic Journey: A Creative Path to Transformation
Dominique DelChiara
Thursdays
08/01/2019 – 08/22/2019
5:30pm - 7:00pm
Li Ka Shing Center for Learning and Knowledge
291 Campus Drive, Room 308
$200

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

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

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

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

Intuitive Intelligence Meditation
Tarika Lovegarden
Wednesdays
07/10/2019 – 08/07/2019
12:00 pm – 1:15 pm
Vaden Health Center
866 Campus Drive, Education Center
$200
Increase your intuitive intelligence, while sharpening your mind. Accessing your intuition is like having a GPS guide you through your professional and personal life. Intuition enhances your logical mind, providing you with a "gut check" to aid with discernment and choices. You may have already experienced moments of being guided by your intuitive wisdom. Imagine what it would be like if you simply knew which direction to take in your life and what choices to make on a day-to-day basis to accomplish what's important to you.

This 5-session class teaches you simple ways to connect with your internal GPS, trust your inner vision, and act on your instincts. To continue your practice connecting with your intuition in daily life, you will receive a series of 10-20 minute guided meditations through the Lovegarden Meditations App.

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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**Living with Intention for a More Fulfilling Life**
Elizabeth Skolnik  
Mondays  
07/22/2019 – 08/12/2019  
4:00 pm – 5:30 pm  
Alway Building, M015A  
$200

Research shows that living a life of intention and purpose provides fulfillment and contributes to longevity. Yet often, our days are filled with commitments, and little time is spent doing what is most important to us. This can be exhausting and overwhelming at times. How can we rediscover what is most important to us and feel more alive each day?

In this 4-week class, you will be guided through the process of reconnecting with your values, uncovering what contributes to your fulfillment, and exploring how to live your life in alignment with your values. Through partner work, mapping exercises, guided meditations, and reflective writing, you will learn concrete tools for living a life of intention and managing the barriers that hold you back.

Instructor: Elizabeth Buckley Skolnik is a Certified Professional Co-Active Coach (CPCC) with extensive experience as a life coach in private practice, a leadership coach within the corporate world, and a wellness coach for Stanford’s BeWell and Health Improvement Program.

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**Mindfulness-Based Stress Reduction (MBSR)**
Mark Abramson  
Tuesdays, 06/25/2019 – 08/13, 7:00 pm – 9:30 pm  
Saturday, 08/03/2019, 9:00 am – 5:00 pm  
Li Ka Shing Center for Learning and Knowledge
Co-sponsored with the Stanford Center for Integrative Medicine.
It has been known for centuries in the meditative traditions, and is 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.

Please note: The retreat on Saturday, August 3 will be held in Li Ka Shing, Room 101/102. All other classes will be in Li Ka Shing, Room 120.

Instructor: Mark Abramson, DDS, the founder and facilitator of 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.

The Power of the Pause Meditation Retreat at Stanford
Tia Rich
Saturday
08/24/2019
9:30 am – 5:00 pm
Cubberley Education Building
485 Lasuen Mall, Rooms 313 & 334
$225

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.
**Summertime in Your Garden**

Anna Lee  
Wednesdays  
07/17/2019 – 08/07/2019  
5:30 pm – 7:00 pm  
O’Donohue Family Stanford Educational Farm  
Oak Road, Palo Alto  
$200

*This class is co-sponsored with the School of Earth, Energy and Environmental Sciences.*  

Summer is an exciting time in the garden. Warm temperatures and long days mean fast growth and development and the beginnings of the harvest season.

Join us in this 4-session class at the O’Donohue Stanford Educational Farm to learn about strategies for taking the best advantage of all the health benefits the garden has to offer. Topics will be based on student interest, and may include: how to grow summer vegetables, manage pests, diseases, and weeds, maintain soil health, and use water efficiently; tips for harvest and preparation of healthy food from the garden; simple yoga stretches and ergonomics for safe physical movement in (and out of) the garden; and how to enhance the harmonious experience of connecting with nature by practicing mindfulness in the garden.

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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**Weight Management: The Journey Continues**

Linda Adler  
Mondays  
07/22/2019 – 08/26/2019  
5:30 pm – 7:00 pm  
Li Ka Shing Center for Learning and Knowledge  
291 Campus Drive, Room 208  
$250

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

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 HIP weight management class is eager to help others achieve their goals.

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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.