**Stanford Health Improvement Program**

*BeWell Engagement Classes – Online*

*STAP- and EA-approved*

*Summer, 2020*

---

**5 Keys to a Happier Life**

Fridays, July 17 – August 14

12:00 pm - 1:15 pm

Tarika Lovegarden

$200.00

What does it really mean to be happy? While some people seek happiness in external factors, research has found that the true keys to happiness come from within. It does take some work on your part, but by making small adjustments in mindset and behavior, you can reap the rewards of a happier life.

In this 5-week online engagement class, we will explore the factors that have been shown to increase levels of happiness. Each week will focus on one key to a happier life: gratitude, self-acceptance, generosity, social connections, and loving-kindness. Through guided meditation, self-reflective worksheets, large and small group discussion, and learning videos, you will learn how to integrate these “happiness habits” into your daily life. As you discover how to shift your perspective of yourself, others, and life events, you will naturally feel better about your life.

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.

---

**Climate Change - What You Can Do**

Wednesdays, August 5 – August 19

6:30 pm - 8:30 pm

Steve Attinger & Jane Rosten

$175.00

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 online engagement 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,
incorporate dietary changes, impact policy, and engage in citizen action, if desired. Through the instructors' combined 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 Cardinal Green financial incentive.

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

Creativity as Your Personal Well-Being Strategy
Monday & Fridays
August 10 – August 21
10:00 am - 12:00 pm
Bruce Cryer
$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 online 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 of mindfulness, movement, nature, playfulness, and artistic expression to keep creativity alive as your personal well-being strategy.

Each participant will receive a link to 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: Class 1 on Monday, August 10. Classes 2 and 3 on Fridays, August 14 and 21.

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.

Finding Freedom Where Fear and Courage Meet
Thursdays, July 30 – August 27
4:15 pm - 5:30 pm  
Tia Rich  
$200.00  

Cultivate tools to be your best self during this unprecedented time in history. In this 5-week online engagement class, you will discover how you can sustain courage and skillfully relate to fear through science and contemplative wisdom. Develop knowledge and skills that support your resilience, wisdom, and compassionate action toward yourself and others.

Each week we will explore a pro-social trait featured in Roshi Joan Halifax's book *Standing at the Edge: Finding Freedom Where Fear and Courage Meet*.

Guided contemplative practices will commence each class and conversation inspired by the reading will be the core of this interactive, experiential, and dynamic class. Participants will be asked to read from Halifax's book each week (about 40 pages per week) in order to create skills and a realistic action plan for compassionately caring for themselves and their community. Prior to the first class, please obtain a copy of *Standing at the Edge: Finding Freedom Where Fear and Courage Meet* and read both the Introduction and Chapter 1.

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.

---

**Give Up the Grudge – The Healing Power of Forgiveness**  
Thursdays, July 9 – July 30  
6:00 pm - 7:30 pm  
Fred Luskin  
$200.00  

It is natural to hold onto anger and hurt when we have been wronged, but research shows that people who hold onto grudges are more likely to experience severe depression, post-traumatic stress disorder, and other health conditions. Conversely, studies have found that the act of forgiveness can reap huge rewards in your health, reducing anger and depression and enhancing hopefulness, resilience, and self-efficacy.

Come explore the power of forgiveness in this online engagement class. Through 4 sessions of lecture and discussion interspersed with guided practice of forgiveness tools, you will understand the core components of personal grievances and explore how forgiveness provides new strategies for managing anger and hurt. By the end of the course, you will have a clear understanding of how forgiveness can be used to solve problems and enhance interpersonal relationships, and you will have new tools in your toolkit to prevent conflicts by practicing forgiveness. The format is not intended as group therapy, but rather to teach self-care skills to heal old wounds and prevent new ones.

Instructor: Fred Luskin, PhD, is a senior consultant in health promotion at Stanford University, the director of the Stanford Forgiveness Project and author of *Forgive for Good*.
Healthy Me, Healthy Body
Thursdays, August 6 – August 27
12:00 pm - 1:30 pm
Gretchen George, PhD
$200.00

In a culture highly influenced by social media and advertising, many Americans learn to distrust their bodies and their own hunger and satiety cues. This can lead to a destructive cycle of continually chasing the latest food trend in search of the perfect diet. The cognitive dissonance between health and body image can lead to disharmony in our minds, which can influence our dietary choices, work productivity, and personal relationships.

In this interactive 4-session online engagement class, you will learn the science behind body perception and its impact on diet, simple tricks to restructure your thinking about food choices, and how to apply what you learn to your daily life for optimal health. You will participate in hands-on activities using evidence-based strategies to combat cognitive dissonance, increase body appreciation, and set effective goals for personal health. By the end of the series, you will have an improved knowledge of what weight bias is, how to combat it, and how to better appreciate your own body.

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.

Mindfulness-Based Stress Reduction (MBSR)
Tuesdays, June 23 – August 11
7:00 pm - 9:30 pm
Mark Abramson
$330.00

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 online 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.

NOTE: Participants will need to provide the text Full Catastrophe Living, by Jon Kabat-Zinn. Retreat tentatively scheduled for Saturday, August 1, 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.
**Mindfulness-Based Stress Reduction (MBSR) Early Morning**
Tuesdays, July 7 – August 25
6:30 am - 9:00 am
Patty McLucas
$330.00

The full MBSR program is now offered for early risers! 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 online class is modeled on the program taught at the U MASS Stress Reduction Clinic and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life, and how life can be lived more fully.

Note: Participants will need to provide the text *Full Catastrophe Living*, by Jon Kabat-Zinn. Online retreat scheduled for Sunday, August 9, from 9 am - 1 pm.

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.

-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**Taking Control of Your Health in Uncertain Times**
Mondays, July 27 – August 24
5:00 pm - 6:15 pm
Debbie Balfanz, PhD
$200.00

When the world is full of uncertainty, it can feel like good health is just one more thing that is out of your control. But the reality is that there are many changes you can make in your lifestyle that will greatly enhance your health and well-being. In fact, research has shown that simply your belief in whether or not you have control plays an important role in the successful adoption and maintenance of healthy behaviors. Gaining a sense of mastery over your own health can also help increase your feeling of control over other areas of your life.

In this 5-session online engagement class, we will examine the impact that lifestyle choices such as eating, physical activity, sleep, and stress management have on overall health and well-being. Through small group discussion, lecture, and weekly goal-setting, you will learn strategies grounded in behavioral science to help you make sustainable lifestyle changes and then apply those strategies to achieve your wellness goals. Walk away with the skills you need to take back control of your health.

After registration, participants will be contacted by the instructor prior to the first class to engage in a short phone call to discuss their wellness goals and expectations and confirm that the class is a good fit.
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.

The Heroic Journey - A Creative Path for Personal Transformation
Tuesdays, August 4 – August 25
4:30 pm - 6:00 pm
Dominique Del Chiaro, Med
$200.00

"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!

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. She is a PhD candidate in Integral and Transpersonal Psychology, specializing in The Hero's Journey and rites of passage.

The Web of Well-being - Weaving the Values that Sustain Us
Wednesdays, July 8 – July 29
5:00 pm - 6:30 pm
Tia Rich
$200.00

Renew, refresh and restore yourself with short stories, poems and contemplative practices that nourish connection to your values and strengthen the web of your well-being. Each week in this 4-session online engagement class will highlight special strands in the web, including the strands of family and friendship, community and nature, and time and spirit. Guided contemplative practices will commence each class and conversation inspired by readings will be the core of the class.
Participants will receive support for creating an action plan for caring for their web of well-being. During the first class we will cultivate intention for creating the web of well-being. Subsequent classes will focus on specific strands of the web. Enjoy tending your well-being with this interactive, experiential dynamic process inspired by contemplative practices and class readings from authors including Alice Walker, Richard Louv, Mary Oliver, David Whyte, Father Thomas Keating, Thich Nhat Hahn, Emily Dickinson, and Eavan Bolan. Participants will be provided information about reading to complete prior to class each week.

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.

---

**Wellness in Your Home Garden**

Mondays, June 29 – July 20
5:30 pm - 7:00 pm
Anna Lee
$200.00

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, leaf rubbings, pressing leaves or flowers, or 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.

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.

---

**Personalized Fitness Design**

At your preferred time
Choose your provider
$275.00

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.

---

**Personalized Mentoring for Weight Loss**

At your preferred time  
Linda Adler  
$250.00

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.

The first session is one hour followed by two 45-minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

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. Linda is available for sessions Mon-Fri by phone or video chat.

---

**Personalized Nutrition**

At your preferred time  
Choose your provider  
$275.00

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 these 3 sessions, your coach will partner with you to develop and implement a realistic eating plan that will reenergize your pathway to well-being.
Our nutrition coaches are diversely qualified and have unique areas of specialization. Please read the instructor bios to select a coach that suits your personal interests and needs. The first session is one hour followed by two 45-minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

---

**Personalized Sleep Improvement**  
At your preferred time  
Patty McLucas  
$275.00

Are you getting 7 hours or less of 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 are supplied. Coaching sessions are available online. You will be contacted within 5 days of registration for scheduling.

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

---

**Personalized Stress Reduction**  
At your preferred time  
Patty McLucas  
$275.00

This 3-session personalized program is designed for people who would like to understand and learn ways to better manage the stress in their lives. Whether stress manifests as anxiety, depression, or physical agitation or illness, mindfulness practice can lead to a reduction in symptoms and an increase in quality of life. With 1:1 support in a comfortable, individualized setting, you will practice mindfulness techniques and learn strategies such as breath awareness, meditation, body scan, and gentle yoga. We will practice awareness of automatic thoughts, reframing, and connecting to the values informing the life you want to live. You will be contacted within 5 days of registration for scheduling.

Instructor: Patty McLucas is the founder of Mindful Wellness and has more than 20 years of experience as a wellness consultant. She currently teaches classes in mindfulness for Stanford's Cancer Supportive Care Program and Health Improvement Program and has taught for other organizations including Apple and Google. Patty is available for sessions Mondays - Thursdays by phone or video chat.
**Personalized Wellness**

At your preferred time
Choose Your Provider

$275.00

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 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 very 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.

**Better Choices, Better Health**

Start anytime

$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.

---

**Kurbo - Simple "Traffic-Light" Weight Loss Program**

Start anytime  
$250.00

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.

---

**Omada™ - Online Weight-Loss Program for Prevention of Diabetes and Heart Disease**

Start anytime  
$550.00

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 500 Stanford University employees have already enrolled!

Omada is clinically supported and grounded in behavior science. You'll learn new strategies related to nutrition and physical activity as well as 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 pounds at 16 weeks. Register anytime and begin the program within 2 weeks of your registration date.
Instructor: A professionally trained Omada health coach will facilitate your small online group and provide 1:1 guidance, encouragement, and accountability throughout the program.

This is a rolling start, self-paced, 16-week program, with maintenance up to a year.

Sleepio - Digital Sleep Improvement Program
Start anytime
$300.00

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 cognitive and behavioral techniques to help improve your sleep. You'll learn 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.