Spring 2018 Healthy Living Classes At-A-Glance

CONTEMPLATIVE PRACTICES & STRESS MANAGEMENT

*Cultivate Emotional Resilience
Tue • May 15-29 • 12p

Equine-iMity—Stress Reduction
In the Company of Horses
Thu • May 10-31 • 4p

Experiencing Meditation
Tue • April 24-May 1 • 12:15p

*Five Times Ten: 10 Minute Mindfulness Practices to Do Anytime, Anywhere
Tue/Thu • April 24-May 17 • 11:30a

Life’s Purpose Workshop: Exploring Purpose for Health, Happiness, and Longevity
Wed • May 2-30 • 12p

Mindful Self Compassion
Thu • April 12-June 7 • 12p

Mindfulness-Based Stress Reduction (MBSR)
Tue • April 3-May 22 • 7p

*Resilience 201
Thu • May 3-June 7 • 12p

*The Heroic Journey: A Creative Path to Transformation
Thu • May 3-24 • 5:30p

Walking Mindfully in Nature
Pescadero Creek County Park Sat • April 28 • 10a
Monte Bella Open Space Sat • May 12 • 10a
Upper Steven’s Creek County Park Sat • May 19 • 10a

Wisdom Therapy—All We Need Is Love & Wisdom
Sat • May 12 • 9a

ONLINE
Lantern—Program for Reducing Stress, Anxiety or Depression
Rolling Start

PERSONALIZED OFFERINGS
Equine-iMity Somatic Horsemanship
Personalized Stress Reduction
Rolling Start – AppTs TBD

HEALTH ENRICHMENT

Climate Change: What You Can Do
Wed • May 23-June 6 • 6:30p

CPR and AED Mon • May 7 • 1p
First Aid Mon • May 14 • 1p

Group Drumming — Making Rhythm and Music for your Body, Mind, and Heart
Mon • April 30-May 21 • 5:15p

Healing Touch International Certificate Program
Level 3: Advanced Healer Preparation
Sat/Sun • April 28-29 • 9a

Is an Electric Vehicle Right for You?
Thu • May 17 • 5:30p

*Knowing Ourselves: Exploring the Enneagram
Sat • April 21 • 10a

Spinefulness Plus: Putting “Spring” Back Into Your Step
Tue • May 1-June 5 • 6p

Spring Cleaning—Yogi Style!
Mon • April 23-30 • 11:30a

The Ayurveda Algorithm
Sat/Sun • May 5-6 • 10a

The Gokhale Method: No More Aches & Pains
Sun • April 29 & Sat • May 19 • 9:30a

ONLINE
Sleepio—Digital Sleep Improvement Program
Rolling Start

*WEBINAR: Atrial Fibrillation — Symptoms, Causes, and Treatments
Tue • May 22 • 12p

*WEBINAR: Non-Medication Tips and Trick to Prevent and Control Hypertension
Fri • May 18 • 12p

PERSONALIZED OFFERINGS
Active Transportation Counseling™
*Personalized Fitness Design
Sitting Comfortably at Your Computer Station
Smoking Cessation: Intentional Quitting
Wellness Coaching
Rolling Start – AppTs TBD

NUTRITION/WEIGHT MANAGEMENT

*Healthy Body, Healthy Me
Tue • May 8 • 12p

Healthy Kitchen: The Mediterranean Way
Thu • May 3 • 9 & May 10 • 12:45p

Mindful Eating: Making Healthy Choices & Managing Weight Through Eating with Intent
Wed • April 18-May 9 • 12p

*The Art of Snacking
Fri • April 27 • 12p

Waist Management
Wed • May 30 • 12p

Weight Management: Starting the Journey
Wed • April 25-June 13 • 5:30p

Winning the Long Game: Strategies for Keeping Weight Off for Good
Tue • May 1-29 • 5:30p

ONLINE
Kurbo—Mobile Health Coaching Program
Omada — Weight-Loss Program for Prevention of Diabetes and Heart Disease
Rolling Start

PERSONALIZED OFFERING
Personalized Nutrition Coaching
Rolling Start – AppTs TBD

Full class descriptions and REGISTRATION

hip.stanford.edu

Most Healthy Living Classes are STAP/EA funds eligible

*New Offerings