



# Spring 2017 Healthy Living Classes At-A-Glance

Full class description and REGISTRATION at [hip.stanford.edu](http://hip.stanford.edu)

Most Healthy Living Classes STAP/ EA Funds eligible

CLASS	DAY	DATES	TIME	LOCATION
Active Transportation Counseling™	TBD	4/3-6/9	By appointment	TBD
Better Choices, Better Health	T	4/5-5/10	5-7:30 PM	Hoover Pavilion, 211 Quarry Rd., Rm 408
CPR and AED	M	5/1	1-5:00 PM	Alway Bldg., Rm M208
<b>NEW</b> Creativity as Your Personal Well-Being Strategy	Th	5/11-6/1	1:30-5 PM	Li Ka Shing Learning Center & Medical School Office Bldg.
<b>NEW</b> Deepening Meditation	T	6/6-6/13	12-1:00 PM	Li Ka Shing Learning Center, Rm 306
Equine-imity Somatic Horsemanship: <i>1 Hour Individual Session</i>	TBD	4/3-6/9	By appointment	Webb Ranch, 2720 Alpine Road, Portola Valley
Equine-imity—Stress Reduction In the Company of Horses	Th	5/4-5/25	4-5:30 PM	Webb Ranch, 2720 Alpine Road, Portola Valley
<b>NEW</b> Express Your Heart's Desire	Th	4/27-5/18	5:30-6:30 PM	Education Bldg. (Cubberly), Rm 334
First Aid	M	5/8	1-5:00 PM	Li Ka Shing Learning Center, Rm 208
<b>NEW</b> Functional Foods & Flavors	F	4/28	12-1:15 PM	Li Ka Shing Learning Center, Rm 120
Healing Touch International Certificate Program Level 3	Sat,Sun	5/6-5/7	9-6:00 PM	Arrillaga Outdoor Education & Recreation Ctr., Rm 103B
Healthy Kitchen: <i>Healthy Snacks Made Simple...and Delicious!</i>	F	5/5	11-12:00 PM	Li Ka Shing Learning Center, Rm 208
HeartMath's Building Resilience and Reducing Stress	Th	5/18	1:30-5 PM	Li Ka Shing Learning Center, Rm 209
Is an Electric Vehicle Right for You?	M	5/22	5:30-7:30 PM	1070 Arastradero Road, 202A/B
Lantern - Online Program for Reducing Anxiety	TBD	4/3-6/9	TBD	Your Computer
Meditation. Me? Why, How and What Type?	T	5/16-6/6	5:30-6:45 PM	Roble Gym (375 Santa Teresa Street), Rm 139
Mindful Eating	T	4/25-5/16	12-1:15 PM	Li Ka Shing Learning Center, Rm 203/204
Mindful Moms	T	4/3-6/9	12-1:30 PM	Escondido Village Center, Common Room
<b>NEW</b> Mindful Self Compassion	Th	4/13-6/1	12-1:00 PM	Lathrop Bldg., Rm 294
Mindfulness-Based Stress Reduction (MBSR)	T	4/4-5/23	7-9:30 PM	Li Ka Shing Learning Center, Rm 130
Omada – Online Weight-Loss Program	TBD	4/3-6/9	TBD	Your computer
Partner Shiatsu for Neck, Shoulders, and Feet	M	4/17-4/24	6:15-7:30 PM	Shriram Center, Sub-basement (Blue Atrium)
Personalized Nutrition Coaching - <i>3 sessions</i>	TBD	4/3-6/9	By appointment	TBD
Personalized Stress Reduction - <i>3 sessions</i>	TBD	4/3-6/9	By appointment	TBD
Sitting Comfortably at Your Computer Station - <i>1 or 3 Individual Sessions</i>	TBD	4/3-6/9	By appointment	TBD
Smoking Cessation: <i>Intentional Quitting</i>	TBD	4/3-6/9	By appointment	TBD
Spinefulness	Th	4/20-5/11	12-1:00 PM	Alway Bldg. & Li Ka Shing Learning Center
Spinefulness Plus: <i>Putting "Spring" Back Into Your Step</i>	Th	4/20-5/25	12-1:00 PM	Alway Bldg. & Li Ka Shing Learning Center
Spring Cleaning-Yogi Style!	M	4/24-5/1	11:30-12:30 PM	Li Ka Shing Learning Center, Rm 208
Starting Fresh: Planting your Spring Garden	T	4/18-5/9	5:30-7:30 PM	O'Donohue Family Stanford Educational Farm
<b>NEW</b> Sugar: <i>What? Where? How?</i>	T	5/30	12-1:00 PM	Clark Center Auditorium
<b>NEW</b> The Ayurveda Algorithm	Sat,Sun	5/6-5/7	10-4:30 PM	Education Bldg. (Cubberly), Rm 210
The Gokhale Method Foundations Course	F-Sun	4/28-4/30	TBD	Li Ka Shing Learning Center, Rm 209 & 304/305
<b>NEW</b> Time Management for Less Stress and More Joy	T	5/9-5/30	5:30-6:30 PM	Education Bldg. (Cubberly), Rm 210
Understanding the Science of Willpower in Managing Your Weight	W	5/3	12-1:15 PM	Li Ka Shing Learning Center, Rm 120
Walking the Windhover Labyrinth	T	5/30-6/6	5:30-6:45 PM	TBD
<b>NEW WEBINAR:</b> Change it Up: <i>Tools to Help Achieve Your Change Goals</i>	W	5/31	12-1:00 PM	Your computer
<b>NEW WEBINAR:</b> Preventing Burnout	W	4/19	12-1:00 PM	Your computer
<b>NEW WEBINAR:</b> Trust Your Gut - High Fiber, Microbes and Your Health	W	4/26	12-1:00 PM	Your computer
Weeding Your Way to Wellness	Th	4/20-6/8	7-7:50 AM	O'Donohue Family Stanford Educational Farm
Weight Management: <i>Starting the Journey</i>	W	4/19-6/7	5:30-7:30 PM	401 Quarry Rd., Rm 1211
Wellness Coaching - <i>5 sessions</i>	TBD	4/3-6/9	By appointment	TBD