<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Transportation Counseling™</td>
<td>TBD</td>
<td>3/28-6/3</td>
<td>TBD</td>
<td>Medical School Office Building (MSOB), Rm x303</td>
</tr>
<tr>
<td>Equine-imity Somatic Horsemanship: 1 Hour Individual Session</td>
<td>TBD</td>
<td>3/28-6/3</td>
<td>TBD</td>
<td>Webb Ranch, 2720 Alpine Road, Portola Valley</td>
</tr>
<tr>
<td>Lantern - Online Program for Reducing Anxiety</td>
<td>TBD</td>
<td>3/28-6/3</td>
<td>TBD</td>
<td>Your Computer</td>
</tr>
<tr>
<td>NEW Nutrition Coaching - 3 sessions</td>
<td>TBD</td>
<td>3/28-6/3</td>
<td>TBD</td>
<td>Your Computer</td>
</tr>
<tr>
<td>Prevent - Online Weight-Loss Program for Diabetes Prevention</td>
<td>TBD</td>
<td>3/28-6/3</td>
<td>TBD</td>
<td>Your Computer</td>
</tr>
<tr>
<td>Sitting Comfortably at Your Computer Station - 1 or 3 Individual Sessions</td>
<td>TBD</td>
<td>3/28-6/3</td>
<td>TBD</td>
<td>Your Computer</td>
</tr>
<tr>
<td>Smoking Cessation: Intentional Quitting</td>
<td>TBD</td>
<td>3/28-6/3</td>
<td>TBD</td>
<td>TBD</td>
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<tr>
<td>Mindfulness-Based Stress Reduction (MBSR)</td>
<td>T</td>
<td>4/6-5/24</td>
<td>7-9:30 PM</td>
<td>Li Ka Shing, Rm 120</td>
</tr>
<tr>
<td>Weeding Your Way to Wellness</td>
<td>F</td>
<td>4/8-6/10</td>
<td>7-7:50 AM</td>
<td>O’Donohue Family Stanford Educational Farm</td>
</tr>
<tr>
<td>Better Choices, Better Health</td>
<td>T</td>
<td>4/12-5/17</td>
<td>5:30-7:30 PM</td>
<td>Li Ka Shing, Rm 205</td>
</tr>
<tr>
<td>Mindful Moms</td>
<td>T</td>
<td>4/12-5/17</td>
<td>12-1:30 PM</td>
<td>Escondido Village, Common Rm</td>
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<tr>
<td>Traditional Oriental Medicine Level 2 - Emotional Healing with Qigong and Accupressure</td>
<td>T</td>
<td>4/12-5/17</td>
<td>5-4:57 PM</td>
<td>Old Union, Rm 120</td>
</tr>
<tr>
<td>Mindfulness-Based Stress Reduction (MBSR) - Morning Class</td>
<td>W</td>
<td>4/13-5/61</td>
<td>6-30-9 AM</td>
<td>Li Ka Shing, Rm 209</td>
</tr>
<tr>
<td>NEW Ugh, What’s for Dinner?: Meal Planning 101</td>
<td>Th</td>
<td>4/14/16</td>
<td>11:30-12:45 PM</td>
<td>360 Porter Drive, Pacific Ocean Rm</td>
</tr>
<tr>
<td>Walking the Windhover Labyrinth</td>
<td>Th</td>
<td>4/14 &amp; 4/28</td>
<td>5-30-6:45 PM</td>
<td>Thornton Center, Rm 210</td>
</tr>
<tr>
<td>NEW Increasing Positivity in your Heart and In the Workplace</td>
<td>F</td>
<td>4/15/16</td>
<td>12-1:00 PM</td>
<td>Li Ka Shing, Rm 308</td>
</tr>
<tr>
<td>NEW Experience P.E.A.C.E: An outdoor walking meditation and contemplative pause</td>
<td>F</td>
<td>4/15/16</td>
<td>5-6:00 PM</td>
<td>Front of Cantor Arts Center @ Stone River sculpture</td>
</tr>
<tr>
<td>Spinefulness &amp; Spinefulness Plus: Putting “Spring” Back Into Your Step</td>
<td>M</td>
<td>4/18-5/23</td>
<td>12-1:00 PM</td>
<td>Li Ka Shing, Rm 308</td>
</tr>
<tr>
<td>Breathing for Longevity, Love, and Livelihood</td>
<td>F</td>
<td>4/22-5/13</td>
<td>12-1:00 PM</td>
<td>Education Bldg (Rubbery), Rm 313</td>
</tr>
<tr>
<td>Healing Touch Level 2</td>
<td>Sat Sun</td>
<td>4/23 &amp; 4/24</td>
<td>9-6:00 PM</td>
<td>1070 Arastradero Rd, Rm 202A/B</td>
</tr>
<tr>
<td>Partner Shiatsu for Neck and Shoulder Relief</td>
<td>M</td>
<td>4/25/16</td>
<td>6-15-7:30 PM</td>
<td>Shriram Center for Bioengineering and Chemical Engineering</td>
</tr>
<tr>
<td>NEW Lighten Up: How Not to be So Stressed About Stress</td>
<td>W</td>
<td>4/27/16</td>
<td>12-1:00 PM</td>
<td>Clark Center, Rm 5361</td>
</tr>
<tr>
<td>Losing Weight Together: Working with Your Partner to Make Sustainable Lifestyle Changes</td>
<td>W</td>
<td>4/27-5/25</td>
<td>5-30-7 PM</td>
<td>401 Quarry Rd, Rm 1211</td>
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<tr>
<td>Why Sweat It?: What’s so Hot About Menopause in 2016?</td>
<td>F</td>
<td>4/29/16</td>
<td>12-1:00 PM</td>
<td>Li Ka Shing, Rm 308</td>
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<tr>
<td>NEW Drumming at the Farm!: Making Rhythm and Music for Your Body, Mind, and Heart</td>
<td>F</td>
<td>4/29-5/20</td>
<td>4-30-5:30 PM</td>
<td>O’Donohue Family Stanford Educational Farm</td>
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<tr>
<td>WEBINAR: Happy Liver, Happy Life: Two Tests That Can Save Your Life From Liver Cancer</td>
<td>M</td>
<td>5/2/16</td>
<td>12-1:00 PM</td>
<td>Your computer</td>
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<tr>
<td>Understanding the Science of Willpower in Managing your Weight</td>
<td>W</td>
<td>5/4/16</td>
<td>12-10:10 PM</td>
<td>Li Ka Shing, Rm 120</td>
</tr>
<tr>
<td>Starting Fresh: Planting Your Spring Garden</td>
<td>W</td>
<td>5/4-5/18</td>
<td>5-30-7 PM</td>
<td>O’Donohue Family Stanford Educational Farm</td>
</tr>
<tr>
<td>Inner Balance with HeartMath™: Optimizing Resilience and Reducing Stress</td>
<td>Th</td>
<td>5/5/16</td>
<td>1-30-5 PM</td>
<td>Li Ka Shing, Rm 205/206</td>
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<tr>
<td>Equine-imity – Stress Reduction In the Company of Horses</td>
<td>Th</td>
<td>5/5-5/26</td>
<td>4-5:30 PM</td>
<td>Webb Ranch, 2720 Alpine Road, Portola Valley</td>
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<tr>
<td>WEBINAR: Intro to Mindfulness-Based Stress Reduction (MBSR)</td>
<td>W</td>
<td>5/11/16</td>
<td>12-1:00 PM</td>
<td>Your computer</td>
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<tr>
<td>Competent, Compassionate Communication in the Workplace</td>
<td>F</td>
<td>5/13/16</td>
<td>12-30-4:30 PM</td>
<td>Clark Center, Rm 5361</td>
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<tr>
<td>First Aid</td>
<td>M</td>
<td>5/16/16</td>
<td>1-5:00 PM</td>
<td>Li Ka Shing, Rm 005</td>
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<tr>
<td>Spinefulness Focus on Feet: Putting “Spring” Back Into Your Step</td>
<td>M</td>
<td>5/16-5/23</td>
<td>12-1:00 PM</td>
<td>Li Ka Shing, Rm 308</td>
</tr>
<tr>
<td>Healthy Kitchen: The Mediterranean Way</td>
<td>T</td>
<td>5/17/16</td>
<td>1-215 PM</td>
<td>Li Ka Shing, Rm 205/206</td>
</tr>
<tr>
<td>SPECIAL EVENT: Byron Katie Shares &quot;The Work&quot;</td>
<td>W</td>
<td>5/18/16</td>
<td>12-1:00 PM</td>
<td>Stanford Knight Management Center, CEMEX Auditorium</td>
</tr>
<tr>
<td>CPR and AED</td>
<td>Th</td>
<td>5/19/16</td>
<td>1-00-5 PM</td>
<td>Li Ka Shing, Rm 205/206</td>
</tr>
<tr>
<td>Is An Electric Vehicle Right for You?</td>
<td>Th</td>
<td>5/19/16</td>
<td>5-30-7 PM</td>
<td>1070 Arastradero Rd, Rm 202A/B</td>
</tr>
<tr>
<td>Healing Touch Level 3</td>
<td>Sat Sun</td>
<td>5/21 &amp; 5/22</td>
<td>9-6:00 PM</td>
<td>1070 Arastradero Rd, Rm 202A/B</td>
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<tr>
<td>WEBINAR: My Voice and My Wishes: Completing an Advanced Healthcare Directive</td>
<td>T</td>
<td>5/31/16</td>
<td>12-1:00 PM</td>
<td>Your Computer</td>
</tr>
<tr>
<td>Healthy Kitchen: The Mediterranean Way</td>
<td>Th</td>
<td>6/2/16</td>
<td>1-30-2:45 PM</td>
<td>425 Broadway, Redwood City, Palm Rm 202A/B</td>
</tr>
<tr>
<td>Stress Eating and Other Non-hunger Eating</td>
<td>Th</td>
<td>6/2/16</td>
<td>5-30-7 PM</td>
<td>Medical School Office Building (MSOB), Rm x303</td>
</tr>
</tbody>
</table>