### CONTEMPLATIVE PRACTICES & STRESS MANAGEMENT

**Enhancing Resilience By Cultivating a Contemplative Lifestyle**
- Wed • Oct 17 & Nov 14 • 5:30p
- **Equine-Imity—Stress Reduction**
  - Thu • Oct 4-25 • 4p
- **Life’s Purpose Workshop**
  - Fri • Oct 5 - Nov 2 • 12p
- **Mindfulness-Based Stress Reduction (MBSR)**
  - Tue • Sept 25 • 7p

**Online**
- Headspace - Meditation Made Simple
  - Rolling Start

**Personalized Offerings**
- **Equine-Imity Somatic Horsemanship**
- **Personalized Stress Reduction**
  - Rolling Start – Appts TBD

### HEALTH ENRICHMENT

**Awaken Your Natural Voice**
- Wed • Oct 10 - Nov 7 • 12p

**Knowing and Using Your Strengths**
- Thu • Oct 25 • 12p

**Living With Intention for a More Fulfilling Life**
- Wed • Oct 10 - Nov 14 • 12:15p

**Oh, For a Good Night’s Sleep: Using Mindfulness to Regulate Your Sleep and Your Life**
- Thu • Oct 11 - 25 • 5:30p

**Reiki Energy Healing Level 1**
- Sat • Oct 13 • 9:30a

**Reiki Energy Healing Level 2**
- Sat • Nov 10 • 9:30a

**Spinefulness - Plus Focus on Knees**
- Fri • Oct 12 - Nov 16 • 1p

**Tending Your Fall Garden**
- Mon • July 9 • 30 • 5:30p

**The Gokhale Method: No More Aches and Pains**
- Sat • Oct 6 • 9:30a
- Sun • Nov 4 • 9:30a

**Traditional Oriental Medicine Self-Care Practices**
- Mon-Fri • Oct 22 - 26 • 5:45p

**Online**
- Sleepio - Digital Sleep Improvement Program
  - Rolling Start

**Personalized Offerings**
- **Personalized Fitness Design**
  - Sitting Comfortably at Your Computer Station
  - Wellness Coaching
  - Rolling Start – Appts TBD

Full class descriptions and Registration:
[hip.stanford.edu](http://hip.stanford.edu)

Most Healthy Living Classes are STAP/EA funds eligible

*New Offerings*

### NUTRITION/WEIGHT MANAGEMENT

**Boost Your Metabolism**
- Wed • Nov 14 • 12p

**Diet How ’s Of Metabolic Homeostasis**
- Thu • Oct 11 - Nov 1 • 11:45a

**Holiday Eating - Breaking the Cycle**
- Fri • Nov 9 • 12p

**Weight Management: Starting the Journey**
- Wed • Oct 24 - Jan 9 • 5:30p

**Online**
- Kurbo - Mobile Health Coaching Program
  - Rolling Start

**Personalized Offerings**
- **Personalized Nutrition Coaching**
- **Personalized Mentoring for Weight Loss**
  - Rolling Start – Appts TBD

### ENVIRONMENTAL HEALTH

**Climate Change: What You Can Do**
- Thu • Oct 11 • 25 • 6:30p

**Is An Electric Vehicle Right for You?**
- Tue • Oct 23 • 4p

**Personalized Offerings**
- **Active Transportation Counseling™**
  - Rolling Start – Appts TBD

**Online**
- **Check Up and Choices**
  - Omada – Weight-Loss Program for Prevention of Diabetes and Heart Disease
  - Rolling Start

**Personalized Offerings**
- **Smoking Cessation: Intentional Quitting**
  - Rolling Start – Appts TBD