HEALTHY LIVING

SUMMER QUARTER
JUNE 25 - AUGUST 31
REGISTRATION BEGINS JUNE 12
HIP.STANFORD.EDU
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Three ways to pay:
- Credit card
- Check/Cash – Please note: If you pay by check, you are not confirmed, nor guaranteed a space in the class, until HIP receives payment.
- STAP or EA Funds

STAP Funds for University Staff
All Healthy Living classes that are approved for STAP reimbursement by the University Benefits Department have “STAP/EA Funds: Yes” next to the class fee in the brochure. You are eligible if you are a regular staff member working 50% time or more. It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

Educational Assistance (EA) Funds for Stanford HealthCare and LPCH Employees
Healthy Living classes that are approved for EA reimbursement will be indicated by “STAP/EA Funds: Yes” next to the class fee in the brochure. Register and pay for your class with a credit card or check and then process reimbursement with your HR Manager after class completion. HIP will send a certificate of class completion upon request.

REFUND POLICY
- 24 hour advance cancellation notice is required for refund or credit, unless otherwise noted in class description.
- No credits or refunds will be issued for missed classes.
- HIP reserves the right to cancel a class when the minimum enrollment is not met (minimum variable by class). Refunds will be issued for cancelled classes.

Don’t let the stress of looming deadlines keep you from a healthy summer. Choose the Engagement option that best meets your needs and earn the maximum BeWell incentive:

- **Coaching**
  Get more personalized wellness support

- **Healthy Work Environment**
  Build relationships with your colleagues by focusing on wellness together

- **Commitment to Family or Community**
  Support your family or community in pursuing better well-being

- **Class**
  Take a pre-approved in-depth wellness class

Log in at bewell.stanford.edu to complete Engagement, improve your well-being and earn the maximum BeWell incentive.
CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

**NEW | EXPLORING EMBODYING THE DIVINE AND DIVINING THE BODY FOR A MEANINGFUL LIFE**

Receive inspiration and skills to deepen meaning and purpose in your personal and professional life by immersing in the beauty and transformative representations of the integrated mind, body, and spirit at the San Francisco Asian Art Museum’s “Divine Bodies” special exhibit. Centered around the exhibit experience, this arts-based, work-life skills and well-being program provides a unique opportunity to meet yourself more fully and discover ways to authentically express yourself.

Part 1) Lecture: Class meeting at Stanford will provide a framework, a compass, and outline for this transformational learning endeavor. A self-assessment activity for setting learning goals for personal and professional life will be included.

Part 2) Experience: View the SF Asian Art Museum’s special exhibit of Divine Bodies with a private, expert docent who will guide us into a deeper appreciation of how the artistic portrayal of the body illuminates human values, ideals, and transformative aspirations. There will be time for personal engagement with the art.

Part 3) Reflection and Integration: Class meeting at Stanford for conversation about the exhibit experience. Facilitated discussion will identify ways to integrate the workshop skills into daily habits for ongoing enrichment of personal and professional life.

This class cultivates kinesthetic and emotional intelligence and promotes the human capacities inherent in a meaningful life including: attention, imagination, concentration, resilience, vitality, compassion, devotion, and gratitude. Class lectures and activities draw on research and practices from art, physiology, psychology, neuroscience, philosophy and wisdom traditions.

NOTE: Stanford employees can use their provided clipper card pass for train travel to SF.

**Instructor:** Tia Rich, PhD, Contemplation by Design Director. As a meditation teacher, her 30-years of experience began with completion of the Himalayan International Institute of Yoga Science and Philosophy 18-month full-time residential teacher-training program in 1981. Dr. Rich’s teaching also draws upon her experience with Zazen, Vipassana, Tibetan Buddhist and Judeo-Christian contemplative meditation. She also is a pastel portrait artist.

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<td>7/10-7/19</td>
<td>5:15-6:15pm</td>
<td>Education Bldg. (Cubberly), Rm 313</td>
<td>$225</td>
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**NEW | WEBINAR: EMOTIONAL INTELLIGENCE – A CRUCIAL TOOL TO MANAGE STRESS**

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<tr>
<td>TUE</td>
<td>8/7</td>
<td>12:00-1:00pm</td>
<td>Your computer</td>
<td>$35</td>
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EQUINE-IMITY: STRESS REDUCTION IN THE COMPANY OF HORSES

Do you wonder what it means to be "healthy as a horse"? This 4-week course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply stress relief techniques. Horses help us develop these skills through their magnificent strength, grace, and reading of body language. They teach us to use all our senses plus breath and movement to release stress, heal, and invigorate the body.

Using techniques from mindfulness meditation, tai chi, aigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of tai chi and aigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or "of the body" learning, in combination with daily practices offered in class will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition. The course includes 4 class sessions plus 1 individual private session. No horse experience needed.

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<td>THU</td>
<td>7/12-8/2</td>
<td>4:00-5:30pm</td>
<td>Webb Ranch, 2720 Alpine Road, Portola Valley</td>
<td>$320 (STAP/EA: yes)</td>
<td>srph-01</td>
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EQUINE-IMITY: SOMATIC HORSEMANSHIP – 1-HOUR INDIVIDUAL SESSION

Whether you have taken the 4-week Equine-imity course and want to add an additional session, or just wish to experience this program privately, this individual session provides a unique opportunity for stress reduction and emotional self-regulation.

These 1-hour individual sessions are conducted with one or more gentle, sociable horses at a beautiful ranch 10 minutes from campus. Using techniques from mindfulness meditation, tai chi, aigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. All activities are conducted on the ground with the herd or with a single selected horse. There is an option for a mounted meditation ride after completing one ground session. (A Ranch surcharge applies, not covered by STAP.) No horse experience needed. Handbook included. You will be contacted within 5 business days of registration to schedule an appointment.

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Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. For the 4-week class, Dr. Kane will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.

FINDING INNER BALANCE WITH HEARTMATH: TOOLS & TECHNOLOGY TO REDUCE STRESS & ADD HEART

We all have the power to use our hearts to transform stress and enhance our personal and work life.

This fun, interactive, science-based program teaches you techniques you can immediately apply to increase focus and energy, improve sleep, and reduce the symptoms of stress and anxiety. Each participant will receive an innovative app-based biometric device that can help manage the overwhelming of stress in real time. This technology, together with behavioral techniques learned in the workshop, are designed to enhance your ability to self-regulate emotions and physiological responses, or choose how you feel independent of what’s happening around you. HeartMath serves hundreds of organizations worldwide, including Stanford University (for more than 20 years), Boeing, NASA, Yosemite National Park, Cisco, the Mayo Clinic, and Kaiser.

To take this class you must have (bring to class) an iPhone 4/5/6 or later, iPad Air/mini/4th gen or later, or iPod touch 5th Generation or later.

Instructor: Bruce Cryer, Founder of Renaissance Human, and Senior Advisor and former CEO of HeartMath (11 years). Bruce has taught programs at Stanford since 1997, including 8 years for HIP and 13 years for the Stanford Executive Program.

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<td>1:30-5:00pm</td>
<td>Li Ka Shing Learning Ctr., Rm 304/305</td>
<td>$250 (STAP/EA: yes)</td>
<td>heart-01</td>
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Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. For the 4-week class, Dr. Kane will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.
**FIVE TIMES TEN: 10 MINUTE MINDFULNESS PRACTICES TO DO ANYTIME, ANYWHERE**

You’ve heard about the benefits of mindfulness for reducing stress, improving sleep, and elevating the experience of daily living, and you’d like to get started… but don’t have much time to spare.

This workshop-style class is designed to provide a low-friction entry into learning and benefiting from foundational mindfulness practices. In eight 45-minute sessions, you will learn five practical and replicable practices, and ways to implement them into your life without requiring extra time. With just a shift in awareness, these practices can be done simultaneously with daily activities at work or home. You’ll receive fundamental, experience-based instruction in meditation and mindfulness derived from the Mindfulness-Based Stress Reduction curriculum, and the latest science demonstrating the benefits to brain, body, and mind.

**Instructor:** Patty McLucas is the Founder of Mindful Wellness, elevating the performance of organizational leaders through training in stress reduction, mindful eating, sound sleep and leadership communication. She is a public speaker on these topics and on mindfulness, resilience, and group health behavior. For more information about Patty, please see www.mindfulwellnessgroup.com.

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<td>$180 (STAP/EA: YES)</td>
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**HEADSPACE**

Headspace is your very own personal guide, here to help you train your mind. Meditation is a way to give your mind the time to pause, detach, and re-energize in order to manage stress, increase happiness, and boost focus for sustainable high performance.

Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, and reduce stress and mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. Meditation in general has been found to improve sleep, anxiety, working memory, and pain management.

With this digital program's 1-year subscription, you'll have access to every meditation and mindfulness exercise in the Headspace Library as well as animated lessons that teach you how to use mindfulness to improve your overall sense of well-being. That means over 650 hours of unique, guided content. Lessons and exercises focus on topics ranging from pain management to relationships to creativity and last anywhere from 2 to 60 minutes. Completion of the Basics series is recommended before progressing to other packs.

Special Two-Step Registration Process:

- Step 1 – Register for the Headspace program at hip.stanford.edu
- Step 2 – Receive email from HIP with unique code and instructions for how to access your program

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<td>Rolling Start</td>
<td>Online</td>
<td>$35 (STAP/EA: YES)</td>
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**THE HEROIC JOURNEY: A CREATIVE PATH TO TRANSFORMATION**

“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. Within a larger context, even negative experiences can begin to take on a constructive meaning.

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 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, M.Ed., is the Manager of HIP's Healthy Living Program and a seasoned educator, transpersonal life coach, mentor teacher, and dance and fitness instructor. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero's Journey and rites of passage.

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<td>5:30-7:00pm</td>
<td>Li Ka Shing Learning Ctr., Rm 205/206</td>
<td>$200 (STAP/EA: YES)</td>
<td>hero-01</td>
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LANTERN - ONLINE PROGRAM FOR REDUCING STRESS, ANXIETY, OR DEPRESSION

Lantern is a go-at-your-pace mobile program designed by Stanford researchers that draws from over 10 years of research on technological applications for improving emotional wellbeing. Lantern's evidence-based program helps individuals strengthen overall resilience; manage stress, anxiety, and depression; and develop effective coping strategies through short daily exercises with professional coaching. The Lantern program is based on Cognitive Behavioral Therapy (CBT) and mindfulness, and helps individuals focus on what matters most to them and find tools for their situation. The program includes core conceptual areas from evidence-based approaches such as how to become aware of and change thoughts, how emotions and behaviors are interrelated, relaxation training, behavior change, mindfulness, and habit formation. Participants complete the program on an app on their phone and tend to access their program 2+ times per week for approximately 10-15 minutes to track, learn, and practice techniques. Participants typically complete the program in 2-4 months.

Two step registration process:
Step 1 – Register for Lantern class at hip.stanford.edu
Step 2 – Receive email from Lantern with instructions for how to access your program

Instructor: Lantern coaches are experienced professionals trained in coaching, CBT, and motivational interviewing. Your Lantern coach will provide you with 1-on-1 guidance, encouragement, and support via phone and in-app messaging throughout your program. Your coach will also help tailor your program experience to your personal needs and goals.

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LIFE’S PURPOSE WORKSHOP: EXPLORING PURPOSE FOR HEALTH, HAPPINESS, AND LONGEVITY

“The meaning of life is to find your gift. The purpose of life is to give it away.” – Pablo Picasso

Have you ever wished for more professional and personal fulfillment? In the past few decades, studies on longevity have shown that people who live a “purpose-driven life” not only find more meaning and fulfillment, but are also healthier and happier. In this 5-session workshop, you will learn why purpose is important to your health, and we will take a methodological approach to finding your purpose and putting it in the driver’s seat for living a healthier and more fulfilled life.

By the end of this class, participants will be able to:
☼ identify the health benefits of having purpose in life (such as reduced stress, anxiety, better sleep, lower mortality)
☼ recognize their values (reflection activities and conversations on personal values systems)
☼ define the positive impact of value-based behaviors on health (review the effect of value affirmation in behavior change)
☼ uncover their passion and talents/gifts through reflection, worksheets, and guided discussion
☼ align values, passions, and gifts with purpose (class activities to define top 5 passions and top 5 gifts in a purpose formula)
☼ draft and use one’s Purpose Statement to develop a plan of action for living a healthy, purpose-driven life

Instructor: Susan Saba, MPH, has a background in health education program planning, group facilitation, and health behavior change. Prior to joining HIP, she worked at Stanford Prevention Research Center (SPRC) as a social research professional on health outcomes and chronic disease prevention.

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<td>12:00-1:15pm</td>
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<td>$200</td>
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The Office for Religious Life and the Health Improvement Program invite you to join

STAFF/FACULTY “FUNDAMENTALS OF MEDITATION” NOON HOUR SERIES

Windhover Contemplative Center

Thursdays, 12:00-1:00 pm
(See Windhover.stanford.edu for sessions’ start date)

Enjoy introduction to meditation sessions for faculty and staff in Windhover. All sessions will be guided by instructor, Tia Rich, PhD. You will experience a range of practices beginning with breath-based and body-based mindfulness meditations and continue with walking meditation, visualization and sound-based meditations, and culminate in practice of self-compassion and compassion meditations. Drop in welcome – no pre-registration required.

Tia Rich, PhD, Resilience and Stress Management Manager, HIP, and Contemplation by Design, Director.
MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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 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. Included in the class fee is the text Full Catastrophe Living, by Jon Kabat-Zinn, handouts, and recorded meditations.

Two class options:

Tuesday Evenings

Instructor: Mark Abramson, DDS, the founder and facilitator of Mindfulness-Based Stress Reduction (MBSR) programs at Stanford.

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<td>7:00-9:30pm</td>
<td>Li Ka Shing Learning Ctr., Rm 130</td>
<td>$330 (stab/ea; yes)</td>
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NOTE Saturday Retreat 8/11 from 9a-5p in Li Ka Shing Learning Ctr., Rm 101/102.

Wednesday Mornings

Instructor: Patty McLucas, CPT, Wellness Consultant, and trained instructor of the Mindfulness-Based Stress Reduction curriculum. She is co-founder and owner of Breathing Room in San Carlos.

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<td>6:30-9:00am</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$330 (stab/ea; yes)</td>
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NOTE Sunday Retreat 8/12 from 9:30a-4:30p in Li Ka Shing Learning Ctr., Rm 306.

PERSONALIZED STRESS REDUCTION

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, re-framing, 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, Founder of Mindful Wellness, delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for HIP.

Appointments: Tuesdays 2-3pm and Wednesdays 11am-2pm.

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Instructor: Sarah Meyer-Tapia, MA, Counseling and Health Psychology from Santa Clara University. Sarah is Manager of Operations for BeWell Coaching at Stanford and works as a health coach and instructor of stress-management and mindfulness programs. Sarah is a trained instructor in Mindfulness-Based Stress Reduction and has been working in the field of health and wellness for 15 years.

Appointments: Mondays, Tuesdays, Wednesdays and Fridays at the Main Campus.

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NEW | THE POWER OF THE PAUSE MEDITATION RETREAT AT STANFORD

For thousands of years, people have taken contemplative retreats – time spent away from one's normal life – for the purpose of cultivating resilience and equanimity, while deepening meaning, compassion, and wisdom. This Saturday immersion retreat offers you the experience of listening deeply to your body, spirit, and mind while being guided by an experienced teacher in a beautiful setting. Within the nourishing atmosphere and beauty of Stanford's campus, a combination of teaching, practice, and reflection provides a transformative learning experience.

The schedule includes time for contemplative practice and walks among Stanford's natural beauty and art supported by evidence-based contemplative teachings. Careful guidance and training is offered in several practices including ones that facilitate focused attention, embodiment, breath awareness, mindfulness, emotion regulation, values alignment, reflective insight, awe, self-compassion and loving kindness. This retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities on campus along with guidance on how to continue the “power of the pause” in your daily life.

Instructor: Tia Rich, PhD, Contemplation by Design Director. As a meditation teacher, her 30-years of experience began with completion of the Himalayan International Institute of Yoga Science and Philosophy 18-month full-time residential teacher-training program in 1981. Dr. Rich's teaching also draws upon her experience with Zazen, Vipassana, Tibetan Buddhist and Judeo-Christian contemplative meditation.

**Day Dates  |  Time  |  Location  |  Fee  |  Code**
---|---|---|---|---
SAT  7/14  |  9:30am-5:00pm  |  Education Bldg. (Cubberly), Rms 313 & 334  |  $175 (STAR/EA: TBD)  |  popmr-01

SOUND IMMERSION EXPERIENCE - GONGS & SINGING BOWLS

Experience the sound vibrations of singing bowls, gongs and chimes as they guide you into a deep meditation. Through the vibrations of these instruments, you can experience an inner calm and deep relaxation that enables you to journey within and center. The physiological impact of sound on the body, emotions, and cognition is apparent. A wide range of ancient world traditions from Confucianism to the Pythagoreans, claim that sound can not only “tune the soul” but affect our cosmology and social worlds as well.

Please bring a yoga mat/blanket/pillow for your comfort.

Instructor: Danny Goldberg, BFA. An artist and environmental educator, Danny facilitates creative group activities for schools, retreats, and private groups around the bay area. He offers Sound Immersion Experience at yoga studios, healing centers and events throughout the U.S. For more information, visit DannyGoldberg.org.

**Day Dates  |  Time  |  Location  |  Fee  |  Code**
---|---|---|---|---
THU  7/12  |  6:00-7:30pm  |  Stanford Graduate Community Ctr., Havanna Rm  |  $30 (STAR/EA: NO)  |  scir-01a

**Day Dates  |  Time  |  Location  |  Fee  |  Code**
---|---|---|---|---
THU  8/9  |  6:00-7:30pm  |  Stanford Graduate Community Ctr., Havanna Rm  |  $30 (STAR/EA: NO)  |  scir-01b

SUN ENERGY: INTRODUCTION TO BREATHING

Summer is the season of playfulness. Days are longer, hence the earth receives more of the Sun's energy. This is a great season for us to do so too. Join us for an hour of tapping into deep, restorative breathing, connecting to the energy and vibrancy of the sun, and celebrating the energy that it brings us.

Instructor: Moj Razmi, has taught yoga, group fitness, and Healthy Living classes for HIP for the past 13 years. She is an ERYT500 certified yoga instructor and Inspired Anusara teacher. She has completed more than 600 hours of yoga, breathing, meditation, ayurvedic and chakra workshops.

**Day Dates  |  Time  |  Location  |  Fee  |  Code**
---|---|---|---|---
MON  8/21  |  12:00-1:00pm  |  Clark Center, Rm s36f  |  $30 (STAR/EA: YES)  |  seib-01
CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

WALKING MEDITATION IN NATURE

Listen to the birds, the creek, and the breeze. Enjoy experiencing the interconnectedness between nature and yourself. Delight in being conscious of every step you take; feeling the earth beneath your feet. Join us for an exquisitely guided mindful exploration of hidden gems and secret spots in local parks and preserves near Stanford.

Learn firsthand what the new science of "awe" and the work of Dacher Keltner's lab at UC Berkeley is confirming: opening yourself to beauty and wonder can lead to a greater sense of overall well-being and improved health. Research supports the physical (healthy immune system function, nervous system regulation), mental (calms the ruminating mind, and promotes creativity), emotional (promotes positivity), and social benefits of spending time in nature. Plus, it can be good exercise! Bring a water bottle and wear hiking attire appropriate for the weather. Hike will leave promptly at 10am.

Instructor: Danny Goldberg has led guided hiking tours and taught environmental education in California since 1999. Danny combines his passions for nature, health, meditation, and the arts to offer inspiring hiking experiences and new insight into the world around us.

Two dates/walks to choose from:

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>SAT</td>
<td>7/21</td>
<td>10:00am-12:00pm</td>
<td>Upper Steven's Creek County Park (Park off Skyline Blvd)</td>
<td>$40 (STAP/EA; YES)</td>
<td>mwm-01b</td>
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<tr>
<td>SAT</td>
<td>8/18</td>
<td>10:00am-12:00pm</td>
<td>Pescadero Creek County Park (Park off Camp Pomponio Rd)</td>
<td>$40 (STAP/EA; YES)</td>
<td>mwm-01a</td>
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ENVIRONMENTAL HEALTH BEHAVIOR CHANGE

ACTIVE TRANSPORTATION COUNSELING™

Learn to gradually expand your non-auto transportation without aiming for perfection. In this 1-hour session, in-person or in two 30 minute phone calls, talk with an experienced health behavior counselor to set goals and overcome barriers that stand between your good intentions and a more eco-friendly lifestyle. Even trying once a month can be a good start. In addition to environmental and economic benefits, active transportation provides great health advantages such as increased exercise and stress reduction.

For Stanford employees, there will be support for accessing Commute Club opportunities, if desired. For questions, call Jane Rosten, LCSW, at 498-4744.

Instructor: Jane Rosten, MSW, LCSW, Manager of Stanford HIP's Environmental Behavior Change Program

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<tbody>
<tr>
<td>By appointment</td>
<td>In person or by phone</td>
<td>$100 (STAP/EA; YES)</td>
<td>atc-04</td>
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</table>
CREATIVITY AS YOUR PERSONAL WELL-BEING STRATEGY

- Are you expressing your creativity to the fullest?
- Do you greet each day with exuberance, joy, and a sense of deeply held mission?
- Do you make time to nurture yourself and your highest aspiration for living?

We all need more creativity – to solve problems, start important projects, repair relationship challenges, help others in need, and simply to be the fullest possible expression of ourselves.

Thanks to significant research in disease prevention, we now know that creativity is also good for our 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 more clear.

In this 3-session course (*3.5 hour session followed by two 75-minute sessions), you will be immersed in exploring your own creativity through music, art, dance, creative writing and other forms of creative expression. You will learn the science supporting the link between creativity and enhanced health, how to refine talents you barely knew you had, and how to keep creativity alive in your life as your personal well-being strategy!

As a part of the class, each participant will receive a thumb drive containing 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.

Instructor: Bruce Cryer has been a Broadway actor/singer/dancer, entrepreneur, CEO of HeartMath, mentor, strategic consultant, photographer, artist, and author. He is co-author of From Chaos to Coherence: The Power to Change Performance.

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<tr>
<td>TUE</td>
<td>8/7-8/21</td>
<td>1:30-5:00pm</td>
<td>Li Ka Shing Learning Ctr, Rm 208</td>
<td>$225 (STAF/EA: YES)</td>
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NOTE: Class 2 on 8/14 and class 3 on 8/21 are held from 12:00-1:15pm.

GROUP DRUMMING: MAKING RHYTHM & MUSIC FOR YOUR BODY, MIND, AND HEART

Start your week with some rhythm! Join this 4-week class to experience the release of workday cares and share the joyful energy of making rhythm and music in community with others. Research findings support the physical, mental, emotional and social benefits of group music making. Participating in musical activities can reduce stress and foster relaxation, increase alpha brain wave activity and enhance creative thinking, help regulate our nervous system, support a healthy immune system, plus drumming in particular, is a safe and natural cardiovascular exercise.

- Experience our natural rhythm, because we all have rhythm in us – Honest!
- Explore rhythms from world cultures, and different music styles
- Play a variety of stick & hand drums and percussion instruments
- Create solid ensemble grooves that sound and feel great
- Explore the natural rhythms of spoken word – a.k.a. poetry and rap

Plus! For those that are inspired to get up and move, dancer and longtime HIP instructor Deanna Anderson will lead optional warm-up stretches and creative rhythmic movement.

Instructor: Peter Giordano, founder and executive director of StoryTeller Project. Peter’s career spans over 25 years as an arts educator, professional multi-instrumentalist musician, composer, and music director.

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<tr>
<td>MON</td>
<td>7/9-7/30</td>
<td>5:15-6:30pm</td>
<td>Papua New Guinea Sculpture Garden</td>
<td>$160 (STAF/EA: YES)</td>
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</table>

NEW | INSPIRE! HOW TO BE A WELLNESS MENTOR

If you’ve recently made a lifestyle change and would you like to help others do the same, this noon-time, interactive class is for you. Translate your own success into a skills that will help motivate, assist, and encourage those around you. Learn how to be supportive while avoiding comments that may not be helpful, and get equipped with tips and tricks that get the conversation started and keep it moving in the right direction. In addition to learning how to be an effective mentor, you will learn how mentoring helps you inhabit and sustain your own healthy lifestyle changes.

Instructor: 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, Linda found success with her own weight management issues through the HIP weight management class, and she is excited to share both her personal experience and professional coaching and mentoring background to help others achieve their goals.

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<td>THU</td>
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<td>12:15-1:30pm</td>
<td>Li Ka Shing Learning Ctr, Rm 306</td>
<td>$40 (STAF/EA: YES)</td>
<td>wllmn-01</td>
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</table>
NEW | KNOWING AND USING YOUR STRENGTHS
This course is designed to help you understand and focus on your unique talents that can be developed into true strengths. According to the Gallup Organization, individuals who use their talents and strengths each day are six times more likely to be engaged in their work, their careers, and their lives.
During this facilitated course, you will see new ways to view yourself and your co-workers. We each have talents and when we honor the talents in ourselves and others, we can create a powerful and positive work environment. Join us to:

☼ Identify your unique talents
☼ Learn the difference between talents and strengths
☼ Identify ways to develop your talents into strengths
☼ Find ways to use your talents each day and support others to do the same

Facilitator: Patty Purpur de Vries, MS, Associate Director of Strategy and Engagement for the Health Improvement Program and BeWell.

### Day/Date Time Location Fee Code
THU 8/2 12:00-1:30pm Li Ka Shing Learning Ctr., Rm 208 $45 (STAR/EX YES) kuys-01

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PARTNER SHIATSU
Shiatsu is a Japanese form of energy/bodywork using the thumbs, fingers, palms and elbows to apply pressure to the acupuncture meridians of the body. The pressure relieves stress by dissipating muscle tension and allowing flow of energy through the body. The repetitive stresses of work are calmed and eliminated, increasing productivity and health. In this academic and experiential class you will work in pairs, while seated, practicing the principles of good alignment as you work. Both receiver and practitioner benefit from the focusing of energy and intention. Bring your partner for free or split the cost.

Two classes/dates to choose from:

**Partner Shiatsu for Neck and Shoulder Release**
Learn bodywork techniques specifically for the neck, upper back, and shoulders.

### Day/Dates Time Location Fee Code
THU, 7/12 6:15-7:30pm Stanford Red Barn (100 Electioneer Rd.) $65 (STAR/EX YES) shi-02

**Partner Shiatsu for Hands and Feet**
Learn bodywork techniques to apply to overworked hands and feet.

### Day/Dates Time Location Fee Code
THU, 8/23 6:15-7:30pm Stanford Red Barn (100 Electioneer Rd.) $65 (STAR/EX YES) shi-03

Instructor: Lisa Burnett, MA, MFA. Lisa has been teaching dance since 1977 and practicing Shiatsu since 1988.

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NEW | PERSONALIZED FITNESS DESIGN
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.

Note: The first session is 1-hour followed by two 45 minute sessions. You will be contacted within 5 days of registration for scheduling.

Instructor: Cecille Tabernero, MS, CPT, EP-C, is a certified ACSM Exercise Physiologist and Health Screening Manager for the BeWell program. Cecille has over 20 years of experience in the field of exercise physiology, physical training, health and wellness. She believes in “meet people where they are” in order to build a foundation and establish rewarding and sustainable healthy habits.

### Day/Time Fee Code
By appointment $275 (STAR/EX YES) pfd-04
NEW | THE POWER OF BELIEFS ON HEALTH
The right mindset means small changes yield big benefits

Have you ever wondered where to start on your journey to better health? Research has shown that making small changes to our lifestyle – for example, using smaller plates – can improve our health. In this 75 minute class, we will learn how our health mindset influences both the likelihood that we will sustain a healthy lifestyle change, and the resultant benefits of that change on our health. For example, recognizing when your activities of daily living actually meet the current physical activity guidelines can translate to a reduction in blood pressure or weight, without adding in additional exercise. We will learn about the concepts of self-efficacy, outcome expectancy, and locus of control; their relationship to our mindsets about health; and how to use this knowledge to make subtle attitudinal shifts that should result in increased effectiveness of small lifestyle changes.

Participants will be encouraged to apply the knowledge that they learn in class to one real-life small behavior change they want to try.

Instructor: Debbie Balfanz, PhD is Manager of the Stanford Group Behavior Change/Weight Management Program. Since coming to HIP in 2002, she has been applying social psychological principles of behavior change to encourage individuals to make small tweaks to improve their lifestyle.

### Day Dates Time Location Fee Code
MON 7/23 12:00 PM-1:15pm Clark Center, Rm s361 $35 (STAY/EX: TBD) pbh-01

REIKI ENERGY HEALING – LEVEL 1

Reiki is a natural healing art in which universal life force energy is applied with light touch, either on or slightly above certain areas of the body. This awakens the body’s own wisdom and natural healing powers, inducing a state of deep relaxation and balanced energy.

The history, benefits and principles that guide the practice of Reiki will be introduced. You will learn the basic hands-on healing positions and how to receive an energetic attunement. The human bio-energy field and techniques of energy perception, cultivation, grounding and clearing will be discussed and experienced. Students will practice self-healing and giving and receiving Reiki sessions to classmates. Leave class with the confidence to share Reiki with your family, friends, pets, and plants.

Your level 1 certificate allows you to advance to Level 2 Reiki training when desired.

Instructor: Linda Alderman, BA, Reiki Master Practitioner and Teacher.

### Day Dates Time Location Fee Code
WED 7/11-8/1 5:30-7:30 pm Li Ka Shing Learning Ctr, Rm 208 $200 (STAY/EX: YES) rh-01

Wellness On Wheels

Are HIP classes too far from your work location? Let us bring one to your Stanford department.

For more information visit us at [HTTP://HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)

SITTING COMFORTABLY AT YOUR COMPUTER STATION

Would you benefit from customized help at your workstation? Even with good ergonomic equipment, the way you use your workstation can make all the difference. Improving habits for sitting and standing comfortably at your computer can relieve stress. You will learn to make small adjustments in commonly used actions at your desk, improve skeletal support in your chair and while standing in order to alleviate pain in your neck, shoulders, back, and arms. Take the guesswork out of working pain free – prevent injury and reverse bad habits before they become chronic.

Instructor: Jean Elvin, MFA, GCFF, is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics at Environmental Health and Safety. Jean also teaches "Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension" for HIP. Class code: feld-01.

### Day/Time Location Fee Code
By appointment Your workstation $110 (STAY/EX: YES) socs-02
SUMMERTIME IN THE GARDEN

This class is co-sponsored with the School of Earth, Energy & Environmental Sciences

When we care for our gardens, we’re also caring for ourselves, breathing fresh air, growing healthy food, and spending time in nature. The rhythms of the garden can facilitate mindfulness and contemplation, and offer opportunities to engage with nature in positive and rejuvenating ways.

Join this 4-session class at the O’Donohue Family Stanford Educational Farm classroom to explore the connections between gardening and wellness. You will learn the practices that enhance mind, body, and garden health. Each session will consist of a classroom learning component followed by a practical learning component in the garden. Course topics include garden ergonomics and stretches, mindfulness practices, prepping and planting garden beds, crop planning, nutrition for humans and gardens, managing pests and diseases organically, and recognizing and promoting ecological balance.

Instructor: Anna Lee 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. Anna loves gardening, baking, and running far.

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<tr>
<td>MON</td>
<td>7/9-7/30</td>
<td>5:30-7:00pm</td>
<td>O’Donohue Family Stanford Educational Farm</td>
<td>$150 (STAP/EAA: YES)</td>
<td>garden-01</td>
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REGISTER ONLINE   http://hip.stanford.edu
NEW | THRIVING THROUGH CHANGE AND LIFE’S TRANSITIONS

“Look on every exit as being an entrance somewhere else.” – Tom Stoppard

Any major life transition can bring a bundle of mixed emotions: concerns about letting go and of loss; uneasiness around process and the unknown; and curiosity and hope for new beginnings. We know change is a constant in life, but the way we deal with all the aspects of change defines the personal development and growth that we can gain in the process.

In this workshop, we will provide you with scientifically proven methods on how to embrace life transitions with energy and focus, how to understand the challenging emotions of change, how to develop new sense of purpose, and how to grow in the midst of change.

Instructor: Susan Saba MPH. Susan has a background in health education program planning, group facilitation, and health behavioral change. Prior to joining HIP, she worked at Stanford Prevention Research Center (SPRC) as social research professional on health outcomes and chronic disease prevention.

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<tr>
<td>FRI</td>
<td>7/27</td>
<td>12:00-100pm</td>
<td>Center for Clinical Sciences Research, Rm 4205</td>
<td>$35 *(STAP/EL: YES)</td>
<td>ITW-01</td>
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TIME MANAGEMENT FOR LESS STRESS & MORE JOY

Whether it's trying to get to the gym, preparing and eating more vegetables, or doing the important things that add value to your life, too often our good intentions get thwarted by time. Stress builds – it seems exponentially – the shorter we feel on time.

In this 2-week class, we will come together to share the challenges we face in connection with stress and time. You will learn about recent research findings on stress and time management, review relevant books, and create a “time diary”. Within a small collaborative community, you will learn to rethink time management and to create a new approach, one with less stress and greater margins for joy.

Instructor: Laura Becker Lewke, LLB, MBA, is a lawyer, businesswoman, mother of four children, and longterm caregiver for her mother who experienced a life-changing stroke. Laura is now a BeWell coach at Stanford, and development professional with Hope Unlimited for Children. She is an experienced small group facilitator and a great believer in interactive and collaborative learning.

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<tr>
<td>MON</td>
<td>7/23 &amp; 7/30</td>
<td>12:00-100pm</td>
<td>Center for Clinical Sciences Research (CCSR), Rm 4107</td>
<td>$60 *(STAP/EL: YES)</td>
<td>tmmj-01</td>
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TRADITIONAL ORIENTAL MEDICINE SELF-CARE PRINCIPLES AND PRACTICES

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Chinese Medicine, is a 5-session course (held every 3 weeks), in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body.

You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement. At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands. Please join us.

Instructor: Luca Moschini, Dipl. ABT (Asian Bodywork Therapy) is the founder and head instructor of Dashen® Foundation of acupressure and qigong training. Luca is currently a faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose, CA. He also has a private practice in Ashland, Oregon and Mountain View, California.

Please note: Course schedule coordinates with Luca’s out-of-town teaching schedule, and thus we’ll meet every 3rd Tuesday, July 31, August 21, September 11, October 2, and October 23. Each month will focus on one of the 5 Elements.

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<tr>
<td>TUE</td>
<td>7/31/10/23*</td>
<td>5:45-7:00pm</td>
<td>HRP-Redwood Bldg., Rm 1388</td>
<td>$325 *(STAP/EL: YES)</td>
<td>tom-01</td>
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*Note specific class dates above
HEALTH ENRICHMENT

NEW | VITALITY = VIM = VIGOR: A NEW YOU FOR SUMMERTIME AND MORE
This class will focus on keeping your vitality bucket full. We will start with discussing how your bucket can leak and how you could scrape bottom. We will show practical ways to restore energy by being in touch with your values, building healthy relationships, connecting your brain and body and engaging in smart health practices (even sleep!). By the end of our class you will have do-able action items to buoy you now and in the future.

Instructor: Linda Hawes Clever, MD, is a Stanford undergrad and medical school alumna. Over the last 19 years as founder and president of the non-profit RENEW, she has worked with faculty, staff, and graduate students here and elsewhere who want to maintain robust vitality, outlook and fulfillment. She is author of The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life.

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<td>WED</td>
<td>8/8</td>
<td>12:00-1:15pm</td>
<td>Li Ka Shing Learning Ctr., Rm 208</td>
<td>$40 (STAP/EA: YES)</td>
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WELLNESS COACHING
Are you eager to make lasting change in an important area of your well-being?

What is Wellness Coaching?
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, usually conducted via phone, with the option of doing it in-person. The initial session is followed by 4 subsequent 15-30 minute telephone conversations.

What Wellness Coaching is it NOT
Unlike personalized nutrition coaching or personal stress reduction, wellness coaching is for individuals who have an interest in making broader life changes. 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 specific diet or stress management advice, please consider registering for Personalized Nutrition Coaching or Personal 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.

Coach: Julie Anderson, MPH, has been with HIP since 1991 and is currently the Manager of the BeWell Wellness Profile Program. Julie has a BS in Health Fitness, a masters in Public Health, and holds a Wellness Coaching certification through Wellcoaches®. As a working mom in her early 50s, Julie knows what it’s like to juggle work, marriage, parenting a young child, and prioritizing wellness.

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<tr>
<td>TBD</td>
<td>Phone</td>
<td></td>
<td>$275 (STAP/EA: YES)</td>
<td>well-04a</td>
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Coach: Debbie Balfanz received her PhD in Social Psychology from Princeton and came to HIP in ’02. As both the Manager of HIP’s group weight management programs, and as a working mom, she understands the realities of trying to fit in physical activity and healthy eating while living a busy life. She enjoys helping others identify and manage their barriers to a healthy lifestyle.

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Coach: Elizabeth Skolnik, Certified Professional Coach, brings to the table experience as a Wellness Coach with the Stanford BeWell Program and Leadership Coach within the corporate world. She has a long career working with individuals wishing to make lasting behavior change in the areas of decision making, emotional regulation, and living a more balanced life. She will meet you where you are with compassion, non-judgment and insight.

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FOOD TRENDS: WHERE ARE WE NOW? THE EVIDENCE BEHIND POPULAR FOODS & DIETS

Join us in the this 3-session course to learn tools that will help you discern fact over fad regarding food and diet trends.

- Is that gluten-filled muffin causing my abdomen to expand?
- Should I be fasting every other day for optimal weight control?
- Does turmeric truly reduce inflammation?

Enhance your knowledge related to current popular foods, fat loss, and fad diets as we address topics such as coconut oil, turmeric, intermittent fasting, gluten free diets, ketogenic diet, and social media. Through creative discussion, weekly tips, and application of tools derived from nutritional science, become empowered to navigate the ongoing hype around popular food trends. Take control over the misinformation and embrace your health through effective dietary practices.

**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.

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NEW | GETTING IN THE MOOD: HOW DIET IMPACTS MENTAL WELL-BEING

There is increasing evidence that nutrition is one of the major modifiable risk factors in maintaining mental health, yet there is very little knowledge in the general population about the associations between diet quality and prevalence and symptoms of depression and anxiety. Symptoms of many nutrient deficiencies often present themselves in form of mood disturbances prior to manifesting themselves physiologically (e.g. iron deficiency). Improving diet quality can be one the first steps one can take to improve their mood and overall well-being.

This class will provide an overview of the existing evidence of the links between diet and anxiety and depression and provide practical food-based recommendations that may help with mental health. A handout and list of key references will be provided to participants. You will learn:

- The major nutrients that are involved in mood regulation (e.g. iron, zinc, magnesium, omega-3 fatty acids)
- How excess intake of some nutrients can contribute to poor mood (e.g. sugar, saturated fat)
- How psychological and physiological stress may increase the need for some nutrients
- How each food group contributes to intake of certain nutrients, and the recommended daily intake of each food group based on existing food-based dietary guidelines

**Instructor:** Maryam Hamidi, MSc, PhD, is a research professional at the Stanford Medicine WellMD Center.

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NEW | HEALTHY KITCHEN 201: WHAT’S FOR DINNER?

Is decision fatigue is affecting your ability to cook regularly? We often find ourselves at the end of a long day too tired to think about what to cook, let alone finding the energy to cook.

This 3-part class will help ease some of the process and cover different ways to meal plan so you can find a way that excites you. Each class will include a food demo and tasting of a recipe that you can use as-is or modify to your own tastes at home. Participants are expected to share their go-to recipes and inspiring cooking ideas throughout the class. We will be meal planning together and discussing challenges along the way.

**Instructors:** Rosalyn Tu, MS, RDN, is a dietitian and cooks for a family of four, including two small children. She is currently a Wellness Coach and the Manager of Operations for BeWell, Biometrics.

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KURBO
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 over video chat and/or text. 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.

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NUTRITION HACKS: TIPS FOR EATING 10% HEALTHIER FOR THE OVER-SCHEDULED
Sugar is the reason for all of your problems. Oh, no wait, it’s gluten’s fault. Maybe it’s your microwave?! Are you exhausted by contradicting nutrition rumors or the peer pressure to detox with kale shakes?

Come to this 2-session nutrition workshop to get science-based tips on eating healthier, coupled with actionable moves you can try without overhauling your budget – or your lifestyle. We’ll even take a virtual ‘mini grocery store tour’ through Trader Joe’s and identify some healthy swaps for those not-so-healthy ‘go to’ foods. You’ll use goal-setting guidelines to set up a nutrition test drive for the next week. During the second session we will review your progress and provide you with research-based behavior change ideas to help your modifications stick for the long run. We’ll finish with Q & As, and if there’s time, we’ll walk-through a virtual party to navigate the buffet.

Instructor: Marily Oppezzo, PhD, MS, RD, is a nutritional counselor, and has worked with a variety of populations with different goals: treatment of a medical condition, healthy eating in difficult situations, fueling for performance, and health promotion.

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NEW | PERSONALIZED MENTORING FOR WEIGHT LOSS BEHAVIORS
You’ve successfully begun your healthy eating journey: now you need to deepen your practice to maintain your success. With a mentor by your side, you can increase your 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.

Please note: The first session is 1 hour followed by two 45-minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

Coach: 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, Linda found success with her own weight management issues through the HIP weight management class, and she is excited to share both her personal experience and professional coaching and mentoring background to help others achieve their goals.

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<tr>
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### PERSONALIZED NUTRITION COACHING

Here is an opportunity to sit down with an experienced nutrition coach in a comfortable, non-judgemental 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 re-energize 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. Please note: The first session is 1 hour, followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

**Coach: Christina Becker**, MPH, RDN, NBC-HWC, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 13 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. She is a graduate of the Integrative Health & Lifestyle program (IHelP) at the Arizona Center for Integrative Medicine, and is a certified Hatha yoga instructor.

Christina provides guidance on a variety of nutrition topics including healthy and mindful eating, weight management, heart disease, diabetes, GI conditions, and nutrition for athletic performance. She also enjoys helping healthy individuals boost energy levels and improve overall wellbeing. Christina will support you with a compassionate and caring approach, and get you from “I should” to “I want and will” and, ultimately “I do”.

Note: Christina’s sessions are conducted over the phone or via video chat. Special requests for in-person appointments will be considered. Appointments are scheduled on Wednesdays and Fridays.

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**Coach: Nicole Cooper**, ATC, RDN, NASM-CPT, has over 15 years of experience working in dietetics, personal training, and corporate wellness. She is currently a BeWell Coach. Nicole provides guidance on a variety of nutrition topics including weight management, heart disease, sports nutrition and diabetes. She enjoys helping others start with small steps to create lasting change. She will help tap into what motivates you and guide you to a successful outcome. Please note: Nicole’s sessions are conducted over the phone.

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<td>$275</td>
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**Coach: Shauna Hyde** is a registered dietitian and a certified diabetes educator with over 15 years of experience. She specializes in diabetes prevention and management, cholesterol management, weight loss and blood pressure control. She has worked at the Stanford Prevention Research Center and the Palo Alto Medical Foundation on a number of research projects, primarily providing lifestyle and cardiovascular risk factor reduction education to study participants. Shauna can help you improve your diet with simple, realistic modifications. Healthy meal preparation, grocery shopping, and eating out are all topics that she can help you improve. Shauna is an exercise enthusiast! She loves hiking, jogging, yoga, and kick-boxing. Shauna schedules appointments on Mondays, Tuesdays, and Thursdays between 9:30am - 3:00pm.

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**Coach: Natalie Lavorato** is a nutritionist with over 10 years of experience working as a Health Educator. Formally a Stanford BeWell Coach, Natalie is now a Program Manager for Kaiser Permanente’s Medical Weight Management Program in Daly City. She is passionate about helping others tackle such issues as weight management, heart disease, nutrition for athletic performance and glucose management. Natalie can help you to make lasting lifestyle changes by beginning with small sustainable steps or simply improve on an already healthy lifestyle. Natalie schedules appointments between 10:00am - 3:00pm on Fridays.

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**Coach: Rosalyne Tu**, MS, RDN, has been working as a dietitian for the past 15 years. She is trained on the topic of Eating Competence and is on a quest to counter the dieting pressures of our culture and help you find a guilt and deprivation-free way of eating that feeds the mind, body and spirit. She has a weight-neutral approach and can help guide you towards trusting your body to know how much to eat. Rosalyne schedules appointments between 1:00 - 4:00 pm on Wednesdays.

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UNDERSTANDING THE SCIENCE OF WILLPOWER

Do you want to rev up your metabolism and burn more calories around the clock? There are certain things about your metabolism you can’t control, like gender, age, and genetics. There are some things, however, that you can control, such as when and how you exercise, how much you eat, and when and what you eat. In this popular class, you will learn ways to encourage your body to burn calories, rather than storing them as fat. Bring a calculator and learn how to estimate your own basal metabolic rate!

Instructor: Joyce Hanna, MA, MS, Associate Director of HIP, exercise physiologist, and nutritionist.

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PREVENTION & MEDICAL MANAGEMENT

COMING THIS JULY – NEW | CHECK UP & CHOICES

CheckUp & Choices [C&C] is a confidential, online program for people concerned or wondering about their drinking and drug use. It is empirically supported: randomized clinical trials have demonstrated significant and sustained reductions in drinking. You will learn scientifically proven skills that help you live a healthier life with fewer alcohol-related problems.

The CheckUp is a 45-minute brief intervention that gives you objective, non-judgmental feedback about your drinking. The Choices modules are based on cognitive behavioral therapy (CBT) techniques that help you achieve your goal of moderation or abstinence; tools such as drink trackers, urge trackers, guided emails, and text reminders keep you engaged and on track. You can access your online account from any smartphone, tablet or desktop, so support is always within reach while keeping your data 100% private. C&C also offers abstinence programs for opioids, marijuana and stimulants.

To get started:

Step 1 – Complete the CheckUp
Step 2 – Register through HIP and continue with the full online CheckUp & Choices program

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CPR & AED

CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Certificate of completion cards will be sent out 3-4 weeks after the class.

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FIRST AID

This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how these medical techniques can be performed with minimal equipment. Certificate of completion cards will be sent out 3-4 weeks after the class.

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OMADA – ONLINE WEIGHT-LOSS PROGRAM FOR PREVENTION OF DIABETES AND HEART DISEASE

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 225 Stanford University employees have already enrolled!

You’ll learn new strategies related to nutrition and physical activity, and 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 in 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 one-on-one guidance, encouragement, and accountability throughout the program.

Learn more and apply for the program at [omadahealth.com/su](http://omadahealth.com/su)

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<td>Self-paced 16 weeks, with maintenance up to a year</td>
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NEW | WEBINAR: PAIN PSYCHOLOGY – HARNESSING THE POWER OF THE MIND FOR PAIN RELIEF

Pain is relevant to all of us. Up to 100 million Americans are living with ongoing pain and it is the number one cause of work disability. Most people are interested in reducing or avoiding pain medications to minimize their health risks.

In this 60-minute webinar you will learn about the surprising power of pain psychology, including:

1. How your thoughts, expectations and beliefs about pain and treatments will determine how much pain you feel and how much treatment you need.
2. The science of how psychological treatment for pain changes your brain and reduces your pain.
3. How you can reduce pain and health risks by using evidence-based psychological strategies.

Attendees will receive a list of resources including articles, books, websites and webinars where you can learn more and pursue empowered pain relief.

**Instructor:** Beth Darnall, PhD is Clinical Professor at Stanford University. She is principal investigator for $13 million in federal research that is investigating psychological treatment for chronic pain. She is passionate about educating patients and healthcare clinicians about effective, low-risk, low-cost strategies to reduce pain and suffering. She is author of 3 books: *The Opioid-Free Pain Relief Kit*©2016, *Less Pain, Fewer Pills: Avoid the dangers of prescription opioids and gain control over chronic pain*©2014, and *Psychobehavioral Treatment for Chronic Pain: The Evidence-Based Basics*, available in 2018.

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SMOKING CESSATION: INTENTIONAL QUITTING

Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from tobacco. HIP has partnered with Stanford Benefits to offer this FREE tobacco cessation program for benefits-eligible University employees along with their families and dependents (14 years and older). Free over-the-counter aids for tobacco cessation are included.

This program begins with an initial 20-minute intake phone call followed by one 60-minute in-person consultation on the Stanford campus. Following the in-person consultation, the instructor and the participant move forward with sessions that support the process of letting go of tobacco. Participants typically find that 10 sessions over one year are helpful to support the quitting process.

**Instructor:** Jayna Rogers, MPH, HIP smoking cessation specialist. Jayna Rogers has facilitated smoking cessation programs and provided individual consultation for over 15 years.

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<tr>
<td>12 Sessions: Community</td>
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