



# HEALTHY LIVING



SPRING QUARTER

APRIL 2 - JUNE 8

REGISTRATION BEGINS MARCH 20

[HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)

35  
CELEBRATING  
YEARS



**Stanford** | Health Improvement  
MEDICINE | Program (HIP)

# HEALTHY LIVING CLASSES

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★ = NEW CLASS





## A NOTE FROM OUR DIRECTOR

We are proud of the 35-year history of the Health Improvement Program and we look forward to the future as we seek to achieve our mission: "To teach the science of healthy living to the Stanford community as they pursue a higher quality of life."

Our vision is a community inspired in their careers, invigorated at home and in service to others. We are guided by a North Star that shines brightly to remind us of our commitment to service, programs and participant experience.

We are privileged to be positioned to help Stanford meet the challenges that are expressed in Stanford's Long-Term Strategic Planning. We are committed to the long-term care of our employees and are excited to use the information in the white papers to amplify our existing programs, collaborate across our enterprise, innovate new programs and better communicate the importance of wellness for all members of our community.

Our accomplishments could have been achieved only by a dedicated and talented staff. Similarly, our future will be determined by a staff of professionals who are proud to say that they work at Stanford and serve the health promotion needs of faculty, staff, retirees, and the needs of their family members.



Wes Alles, PhD, Director of the Health Improvement Program (HIP) at the Stanford Prevention Research Center (SPRC) since 1989

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## HEALTHY LIVING REGISTRATION INFORMATION & POLICIES

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REGISTER ONLINE AT [HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)

### 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.

HEALTHIMPROVEMENT@STANFORD.EDU | (650) 723-9649 | [HTTP://HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)

Class times, locations, and instructors are subject to change from the listing in this schedule of classes. Please refer to [hip.stanford.edu](http://hip.stanford.edu) for the most current information.

# CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

## NEW | CULTIVATE EMOTIONAL RESILIENCE

You can't stop your feelings, but you can transform your relationship with them. Current research supports the strong link between emotional regulation and resilience. By understanding our emotions and developing emotional coping strategies, we can more easily adapt and grow – even in the face of challenges.

This 3-part workshop begins by walking through the story of emotions. We will learn the science behind the emotional experience, learn to recognize the purpose of our emotions, and appreciate the unexpected rewards that may come from painful emotions.

We will practice proven evidence-based approaches to emotional regulation, including mindfulness of emotions, a facial feedback exercise, and activities such as “three things” to create more positive, resilience-building emotions in our lives. By transforming your relationship with emotions, you can improve your ability to build an emotionally rich, authentic, and meaningful life.

**Instructor:** **Christy Matta** is currently a BeWell Coach and is the author of “The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger, and Other Symptoms of Stress”. Christy has specialized in work with emotion regulation and resilience for over 20 years.

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	5/15-5/29	12:00-1:00pm	Li Ka Shing Learning Ctr., Rm 208	\$100 (STAP/EA: YES)	cer-01



## 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, qigong, 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 qigong 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.

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	5/10-5/31	4:00-5:30pm	Webb Ranch, 2720 Alpine Road, Portola Valley	\$320 (STAP/EA: YES)	srph-01

## 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, qigong, 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.

DAY	TIME	LOCATION	FEE	CODE
M-TH Appointments	10:00am-2:00pm	Webb Ranch, 2720 Alpine Road, Portola Valley	\$120 (STAP/EA: YES)	srphi-04

**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.

# CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

## NEW | EXPERIENCING MEDITATION

Do you feel you are losing sight of what really matters? In this 2-session Experiencing Meditation class, you will learn a variety of heart meditations and mindfulness techniques to bring you into the moment and be centered in your inner strengths. These techniques will also support you in experiencing peace and gratitude.

As you are guided into your deeper nature, it becomes easier to recognize what's important to you, and to uncover ways to live your life aligned with your values.

Whether new to the practice of meditation or looking to expand your current practice, these meditations are designed to guide you, and provide the tools to deepen your meditation experience, often with immediate results.

To continue the Experiencing Meditation practices outside of class, participants will be provided with a series of 10-20 minute guided meditations from the Lovegarden Meditation App.

**Instructor:** **Tarika Lovegarden**, author of "Meditations on the Fridge", founder of Lovegarden Meditations App, and creator of Workplace Mindfulness Training. Born into a family of meditators, and trained by pre-eminent meditation leaders, Tarika carries forth her lineage teaching individuals and organizations, including Oracle, Ebay, Genentech, Cavallo Point, and the Young Presidents Organization. [www.TarikaLovegarden.com](http://www.TarikaLovegarden.com).

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	4/24-5/1	12:15-1:15pm	Li Ka Shing Learning Ctr., Rm 208	\$75 (STAP/EA: YES)	emed-01

## NEW | 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 benefitting 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.

*\*NOTE: The first and last class on Tuesday, April 24 and Thursday, May 17 will be held in Bldg. 003 EHS Training Rm. All other classes will be held in Bldg. 40 Sycamore Conf. Rm.*

**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](http://www.mindfulwellnessgroup.com).

DAY	DATES	TIME	LOCATION	FEE	CODE
T/TH	4/24-5/17	11:30am-12:15pm	*SLAC Bldg. 003 & Bldg. 040	\$180 (STAP/EA: YES)	5X10-01

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

Start your week with some rhythm! 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.

DAY	DATES	TIME	LOCATION	FEE	CODE
MON	4/30-5/21	5:15-6:30pm	Papua New Guinea Sculpture Garden	\$160 (STAP/EA: YES)	udrum-01

# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## 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](http://hip.stanford.edu)

Step 2 – Receive email from HIP with unique code and instructions for how to access your program

DATES	LOCATION	FEE	CODE
Rolling Start	Online	\$35 (STAP/EA: YES)	headspace-30



## 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)



## NEW | 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 a seasoned educator, a transpersonal life coach, a dance and fitness instructor and mentor teacher. She has facilitated trainings for professional educators and work teams on how to be more impactful and engaging for over 25 years. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero's Journey and rites of passage.

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	5/3-5/24	5:30-7:00pm	Li Ka Shing Learning Ctr., Rm 205/206	\$200 (STAP/EA: YES)	hero-01

# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## 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](http://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.

DATES	LOCATION	FEE	CODE
Rolling start	Online	\$350 (STAP/EA: YES)	lant-30

## 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 and 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 behavioral 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.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	5/2-5/30	12:00-1:15pm	HRP-Redwood Bldg., Rm T116	\$200 (STAP/EA: YES)	lpw-01

## MINDFUL SELF COMPASSION

We often feel compassion when a close friend is struggling. What would it be like to receive the same caring attention from yourself when you need it the most? We know that harsh self-criticism adversely impacts our well-being, strength, and performance, often leading to excessive worry, perfectionism and frustration. In contrast, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives. Mindful Self-Compassion (MSC) is strongly associated with emotional wellbeing, resilience in coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships.

Throughout this 8-week MSC program, participants will learn how to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. You will be provided with essential tools for treating yourself in a kind, compassionate way whenever you suffer, fail, or feel inadequate. All are welcome. No previous experience with mindfulness or meditation is required.

**Instructor:** Carole Pertofsky, M.Ed., is Director of Wellness and Health Promotion Services at Stanford University. She teaches positive psychology and wellness courses at Stanford University, Esalen Institute, and other organizations. Carole is a trained Mindful Self Compassion (MSE) instructor.

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	4/12-6/7	12:00-1:00pm	Sapp Center (STLC), Rm 119	\$240 (STAP/EA: YES)	msc-01

# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## 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.

**Instructor:** **Mark Abramson**, DDS, the founder and facilitator of Mindfulness-Based Stress Reduction programs at Stanford. He has practiced dentistry in the Bay Area for more than thirty years, specializing in the treatment of chronic pain and temporomandibular disorders.

*NOTE: Retreat on Saturday, May 12 from 9a-5p in Li Ka Shing, Room 101/102.*

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	4/3-5/22	7:00-9:30pm	Li Ka Shing Learning Ctr., Rm 130	\$330 (STAP/EA: YES)	msm-01

## 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 one-on-one 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.

DAY	LOCATION	FEE	CODE
T/W appts.	TBD	\$275 (STAP/EA: YES)	psrp-04b

**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 4:00-6:00pm, Main Campus. Wednesdays 1:00-3:00pm, Main Campus.

DAY	LOCATION	FEE	CODE
M/W appts.	TBD	\$275 (STAP/EA: YES)	psrp-04

## RESILIENCE 201

During this 5-session course, with the same group of people each time and in a confidential setting that will give some opportunities to think and to write, we will discuss developing and keeping priorities so you can navigate the complex, sometimes competing zones of your personal and professional lives. We will also talk about making smart decisions, building and keeping strong and good relationships, how to stay at the top of your game and (surprising) health tips. You will be able to discover your purpose, increase your resilience and effectiveness, and even find some calm by increasing your understanding of body-mind links and considering your relationships.

**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*.

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	5/3-6/7 (NO CLASS 5/10)	12:00-1:15pm	Li Ka Shing Learning Ctr., Rm 208	\$200 (STAP/EA: YES)	renew-01





# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## SPRING CLEANING – YOGI STYLE!

Spring is the perfect time to focus on cleansing and rejuvenating not only your house, office, and surroundings, but also your body, mind and heart. Let's put the winter blues behind us and begin spring with renewed radiance, inner balance, and self-awareness. Join longtime HIP instructor, Moj Razmi as she guides you through 2 sessions of spring cleaning–yogi style!

In these 2 sessions we will:

- Learn and practice breathing and meditation techniques and physical movements to massage and rejuvenate our internal organs, and enhance elimination
- Explore foods and liquids that nourish and refresh
- Learn to recognize our emotional "stops" and gently address them to boost our mind's clarity and functionality

**Instructor:** **Moj Razmi** is an ERYT500 certified yoga instructor and Inspired Anusara teacher. She has completed more than 600 hours of yoga, breathing, meditation, ayurvedic & chakra workshops.

DAY	DATES	TIME	LOCATION	FEE	CODE
MON	4/23 & 4/30	11:30am-12:30pm	Ctr. for Clinical Sciences Research (CCSR), Rm 4205	\$60 (STAP/EA: YES)	scys-01



## WALKING MINDFULLY 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.

*Three dates/walks to choose from:*

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	4/28	10:00am-12:00pm	Pescadero Creek County Park (Parking off Camp Pomponio Rd)	\$50 (STAP/EA: YES)	mwm-01b

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	5/12	10:00am-12:00pm	Monte Bello Open Space (Parking on Page Mill Rd)	\$50 (STAP/EA: YES)	mwm-01c

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	5/19	10:00am-12:00pm	Upper Steven's Creek County Park (Parking off Skyline Blvd)	\$50 (STAP/EA: YES)	mwm-01a

## WISDOM THERAPY – ALL WE NEED IS LOVE, AND WISDOM

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships, well-being, and avoid suffering. In this 1-day course we will identify and practice wisdom skills that have scientifically been found to enhance love, relationships, and well-being. Skills such as mindfulness, emotional intelligence, empathy, compassion, gratitude, ego transcendence, and openness to experience have been empirically established as critical to having positive relationships. Other skills such as forgiveness and humor will also be presented and applied. Using multi-media visuals, short films, jokes, and engaging activities, this course is designed to be fun and practical.

**Instructor:** **Shani Robins**, PhD, is a licensed Psychologist, a National Institute of Mental Health Fellow, and pioneered the field of Wisdom Therapy. He is the founder and president of the Wisdom Therapy Institute <https://www.wisdomtherapy.com>.

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	5/12	9:00am-5:00pm	Li Ka Shing Learning Ctr., Rm 208	\$225 (STAP/EA: YES)	wtr-01

# 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

DAY/TIME	LOCATION	FEE	CODE
By appointment	In person or by phone	\$100 (STAP/EA: YES)	atc-04

## CLIMATE CHANGE: WHAT YOU CAN DO

Climate disruption, one of the foremost challenges of our time, has many implications for both our personal health and the health of our planet.

Atmospheric carbon dioxide (CO<sub>2</sub>), the primary cause, has increased to levels never before observed. With US withdrawal from the Paris Climate Accord, many more are asking what they can do to have an impact on climate change. Fortunately, we can take action with a variety of approaches to safeguard the planet, lower our carbon footprints, and in the process save money, increase community, and improve health.

This fun class is comprised of 3 sessions designed to turn good environmental intentions into action. The course takes much guesswork out of which actions have greatest impact, providing a roadmap for where to spend precious time.

Participants will be introduced to skills such as how to "green" transportation at their own pace, save energy at home, recycle better, green their finances, make dietary changes, impact policy, and more. Instructors will combine their expertise from over two decades of professional work on the issue with behavioral science and group support to help participants make a difference.

**Instructor:** Steve Attinger, MBA, CGBP, Environmental Sustainability Manager, City of Mountain View

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

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	5/23-6/6	6:30-8:30pm	Li Ka Shing Learning Center, Rm 304/305	\$150 (STAP/EA: YES)	locarb-01

## IS AN ELECTRIC VEHICLE RIGHT FOR YOU?

*This free class is co-sponsored with and generously supported by the City of Palo Alto*

Are you considering leasing or buying an electric vehicle (EV) and want real information versus a sales pitch? Come hear from a panel of local, long-time EV drivers and experts on their experiences. Get your questions answered on the difference between all-electric and plug-in hybrid EVs; EV charging (home, work and public space); range anxiety misconceptions; battery longevity; buying vs. leasing; and the environmental, economic, and personal benefits of EV adoption.

\* As a bonus, for an hour before class (starting at 4:30pm) and 30+ minutes after class ends at 7:30pm, there will be a number of EVs to explore in and out, likely including Nissan Leaf, Kia Soul EV, Chevy Volt, Fiat 500-e, Ford Focus EV, Tesla, all-electric Chevy Bolt w/ 238 mile range, and others! Registration is required for admission.

Instructors:

**Sven Thesen**, founder of Project Green Home in Palo Alto (ProjectGreenHome.org). Sven is a chemical engineer and one of 2,000 scientists who won the Nobel Peace Prize in 2007 along with former Vice President Al Gore, for his work on IPCC climate guidelines. He is often referred to as an EV-angelist for his spirited work in promoting electric vehicles.

**Jim Barbera**, Systems Engineer at ChargePoint (the nation's largest EV charging company). Jim is versed in all aspects of EV life, including leasing, buying, charging, maintenance, installing charging stations and solar panels. He is now an experienced EV driver (85,000 electric miles), and has driven nearly all makes and models of EVs.

**Marc Geller**, founder and member of the Board of Directors of Plug In America, and Vice-Chair of the Board of Directors of the Electric Auto Association. Marc has been driving an electric car since 2001, and is one of the earliest EV adopters/ advocates.

**Jane Rosten**, MSW, LCSW, Manager of Stanford HIP's Environmental Behavior Change program and happy driver of an all-electric EV.



DAY	DATES	TIME	LOCATION	FEE	CODE
THU	5/17	5:30-7:30pm*	Mitchell Park Community Ctr., Palo Alto	\$0	ecars-01

# HEALTH ENRICHMENT

## THE AYURVEDA ALGORITHM

Ayurveda, India's 5,000-year-old medical system, offers a precise algorithm to guide food and lifestyle choices based on an individual's constitution and current health state. This class will introduce Ayurveda's algorithm and help you design your own implementation of this algorithm. You will walk away with basic concepts of Ayurveda and a food and lifestyle plan that fits your current needs. Participants will also get an opportunity for a half-hour follow-up consultation (on a first-come-first-served basis) with the instructor to get individual feedback on their food and lifestyle plan. This half-hour consultation is a key component of the class. PLEASE NOTE: This class will meet on Saturday 5/5 from 10am - 4:30pm, and on Sunday, 5/6 from 10am - 2pm.

**Instructor:** **Shaaranya Geetanjali Chakraborty** is a Certified Ayurveda Clinical Specialist and heads a donation-based Ayurveda clinic in Milpitas. She is the Director of Ayurveda Studies, Vedika Global, Emeryville. Prior to embarking on her Ayurveda journey, Shaaranya had five years of Molecular Biology research experience at Georgetown University and Stanford University.

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	5/5	10:00am-4:30pm	Education Bldg. (Cubberly), Rm 334	\$275 (STAP/EA: YES)	ayuralg-01
SUN	5/6	10:00am-2:00pm			

## THE GOKHALE METHOD: NO MORE ACHES AND PAINS

Improving posture and movement is one of the simplest and most powerful ways of reducing pain, elevating mood, and improving performance. The Gokhale Method uses personalized coaching and cutting-edge technology to transform the way you sit, stand, walk, and exercise.

You will use the recently invented Gokhale PostureSensei™ wearable to get a real-time read of the shape of your spine as you learn improved ways to be in your body. Attain a new level of wellness and enjoy a fascinating journey into the anthropology, history, and anatomy of human structure and movement.

The workshop is taught by two qualified Gokhale Method teachers and capped at 20 students, allowing for lots of hands-on guidance and individualized feedback. Each participant receives a private online follow-up session with Monisha White, a PDF copy of Gokhale's 8 Steps to a Pain-Free Back, a streamable version of "Back Pain: The Primal Posture Solution", and a Stretchsit® cushion.

Class format: 3 morning instruction hours, a bring-your-own-lunch discussion hour, 3 afternoon instruction hours.

**Instructors:** **Esther Gokhale**, creator of the Gokhale Method. ([www.GokhaleMethod.com](http://www.GokhaleMethod.com)) and author of "8 Steps to a Pain-Free Back".

**Monisha White**, qualified Gokhale Method teacher. Ms. White is a recent Stanford graduate (B.S. in computer science) and Esther's youngest child. Being raised with the Gokhale Method has enriched her life and kept her natural posture intact.

*Two dates to choose from:*

DAY	DATES	TIME	LOCATION	FEE	CODE
SUN	4/29	9:30am-4:30pm	Li Ka Shing Learning Ctr., Rm 308	\$495 (STAP/EA: YES)	gokn-02

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	5/19	9:30am-4:30pm	Li Ka Shing Learning Ctr., Rm 308	\$495 (STAP/EA: YES)	gokn-01

## HEALING TOUCH INTERNATIONAL CERTIFICATE PROGRAM LEVEL 3: ADVANCED HEALER PREPARATION

Healing Touch is a complementary, energy-based approach to health and healing that uses heart-centered, gentle, non-invasive techniques to clear, balance and align the human energy system. The goal of Healing Touch is to restore harmony and balance in the energy system, placing the client in the position to self-heal.

Level 3 provides in-depth skills and ongoing practice of Healing Touch. We explore development of Higher Sense Perception, sequencing of healing techniques, working with guidance, self-healing and self-development.

**Prerequisite:** HT Levels 1 & 2. This Class provides 17.5 continuing Education Contact hours for nurses and massage therapists.

**Minimum 6 people.** Please note, registration for this course closes April 18 so that our instructor can secure travel arrangements.

**Instructor:** **Sue Kage** RN BSN HNB-BC CHTP/I. Sue is on faculty with Andrew Weil's Program at the Arizona Center of Integrative Medicine at University of Arizona, teaching Healing Touch and energy therapy. She is co-author of an NIH research grant using Healing Touch in the NICU. She is Past President of Healing Touch International and co-author of Healing Touch Advancing Life through Energy Therapy.

DAY	DATES	TIME	LOCATION	FEE	CODE
S/S	4/28 & 4/29	9:00am-6:00pm	Alway Building, Rm M112	\$350 (STAP/EA: YES)	ht-03

# HEALTH ENRICHMENT

## NEW | HEALTHY BODY, HEALTHY ME

In a culture highly influenced by social media and advertising, many Americans distrust their bodies and dislike their shapes. The cognitive dissonance between health and body image can lead to disharmony in our minds, which can then influence our dietary choices, work productivity, and personal relationships.

In this class, you will learn the science behind body perception and its impact on diet, simple tricks to restructure your thinking about food choices, and how to apply what you learn to your daily life for optimal health. You will participate in hands-on activities using evidence-based strategies to combat cognitive dissonance, increase body appreciation, and set effective goals for personal health.

**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.

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	5/8	12:00-1:15pm	Clark Auditorium	\$35 (STAP/EA: YES)	hbhm-01

## NEW | KNOWING OURSELVES: EXPLORING THE ENNEAGRAM

We are complex individuals, however, at our core, systematic motivational patterns ignite our strengths and trigger defenses. Whether in our personal lives or in organizations, we can sometimes be baffled by our own impulses as well as the behavior of others. Discover these hidden patterns and explore courageous questions that can drive success in life: "What makes me come alive? What makes others tick? How can I increase my capacity to succeed and flourish?"

The Enneagram has been used for decades as a method to increase self-understanding and self-development. It is also used as a method to improve workplace dynamics by teaching strategies that build rapport and empathy and reduce unproductive conflict.

In this course, you will:

- Learn the nine personality type structures of the Enneagram method
- Discover your type-based strengths and defense patterns
- Gain effective communication skills and emotional intelligence
- Enjoy greater effectiveness, confidence and well-being

**Instructors:** **Peter O'Hanrahan** is a leading Enneagram teacher and trainer worldwide, and is the co-author of the Enneagram workplace guide, *Transformational Leadership*, which is used globally by companies and university graduate programs.

**Carole Pertofsky**, MEd, Director of Wellness and I Thrive at Stanford University. Carole is a national speaker, trainer, consultant, and certified Enneagram seminar leader. She teaches positive psychology, mindfulness, and well-being courses at Stanford University.

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	4/21	10:00am-5:00pm	Science Teaching & Learning Ctr., Rm 119	\$225 (STAP/EA: YES)	egram-01



## 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.

Please 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 Taberbero**, 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 (STAP/EA: YES)	pfd-04

# HEALTH ENRICHMENT

## 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, GCFP, 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 (STAP/EA: YES)	SCCS-02



## SLEEPPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM

Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked to 7 of the 15 leading causes of death in the United States, including heart disease, cancer and stroke. Sleepio is a digital sleep improvement program, scientifically proven to work. Over several weeks, you'll learn evidence-based techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind' and to overcome worry and other negative emotions that accompany the experience of being unable to sleep.

The program consists of automated weekly sessions of about 15 minutes each, which you can view wherever and whenever is convenient for you, on your computer, tablet or phone. You'll also gain access to a library of articles and guides that cover common problem areas like pregnancy, shift work, and jet lag.

To get started:

Step 1 - Discover your Sleep Score for free at <https://www.sleepio.com/stanford>

Step 2 - Register through HIP and continue with the full online sleep improvement program

**Instructor:** Sleepio's virtual sleep expert, **The Prof**, will guide you through the program. The Prof will help you get your sleep back on track by providing techniques tailored to your specific problems and progress.

DAY	TIME	FEE	CODE
Rolling start	Self-paced	\$300 (STAP/EA: YES)	sleepio-30

## SPINEFULNESS PLUS: PUTTING "SPRING" BACK INTO YOUR STEP

This 6-session class will combine 4-sessions of "Spinefulness" fundamentals with two additional awesome classes that pay special attention to your feet. In sessions 1-4, you will learn keen body awareness, and how to apply small, but critical, position shifts that can allow for relief from mechanically-based joint and back pain. By replacing patterns of wear and tear with habits that restore joints, you will be able to sit with ease, drive in your car without pain, and stand happily in line at the grocery store. The last 2 sessions will focus on applying the Spinefulness approach to your feet. Learn anew how to stand and walk in balance and comfort so that you can experience again a true delight in moving!

**Instructors:** Jean Couch, Founder of the Balance Center, is the author of *The Runner's Yoga Book*. For over 30 years, Jean has been involved in empirical research studying populations of people who have no back or joint pain.

Jenn Sherer, Director of the Balance Center, is passionate about helping others take charge of their own relief through awareness and guidelines of Spinefulness.

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	5/1-6/5	6:00-7:00pm	Li Ka Shing Learning Ctr., Rm 304/305	\$240 (STAP/EA: YES)	spine-01a

# HEALTH ENRICHMENT

## 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 very 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.

DAY	LOCATION	FEE	CODE
TBD	Phone	\$275 (STAP/EA: YES)	well-04a

**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.

DAY	TIME	LOCATION	FEE	CODE
WED appts.	8:00-10:00am	TBD	\$275 (STAP/EA: YES)	well-04b

**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.

DAY	TIME	LOCATION	FEE	CODE
WED appts.	3:00-5:00pm	TBD	\$275 (STAP/EA: YES)	well-04c

## NEW | WELLNESS 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 PhD student in the Emmett Interdisciplinary Program in Environment and Resources (E-IPER). She 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.

DAY	DATES	TIME	LOCATION	FEE	CODE
MON	4/30-5/21	5:30-7:00pm	O'Donohue Family Educational Farm	\$150 (STAP/EA: YES)	garden-01

# NUTRITION / WEIGHT MANAGEMENT

## NEW | THE ART OF SNACKING

Do you belong to the 90% of Americans who snack? Do you go for that planned mid-day snack, graze your way through the workday, or skip meals in lieu of a favorite treat?

Our culture is obsessed with snacking and "snack foods" are ubiquitous in our food environment. While a well-placed and balanced snack can optimize nutrition, energy and weight, frequent snacking can drain our energy and focus, and contribute to expanding waistlines and metabolic imbalances.

*So, should you snack?* Join this noon-hour class to:

- Examine the impact of common snack foods on our energy and performance levels
- Learn about the art of snacking in 5 simple steps
- Learn how, when, and what to snack on to optimize your energy, performance, and waistline

**Instructor:** **Christina Becker**, MPH, RDN, NBC-HWC. Christina has over 14 years of experience working in dietetics, corporate wellness, and health and wellness coaching. She is a graduate of the Integrative Health & Lifestyle program at the Arizona Center for Integrative Medicine, and is a certified Hatha yoga instructor.

DAY	DATES	TIME	LOCATION	FEE	CODE
FRI	4/27	12:00-1:00pm	Clark Center, Rm s361	\$30 (STAP/EA: YES)	snack-01

## HEALTHY KITCHEN: THE MEDITERRANEAN WAY

Curious about the benefits of a Mediterranean diet? Would you like to incorporate more fiber and healthy fats into your recipes? Are you looking for new inspiration for family meals?

Please join us for another HIP "Healthy Kitchen" class, this time focusing on the Mediterranean style of cooking and eating. We will review what makes Mediterranean and similar diets, such as the MIND diet, beneficial for your health. You will learn how to modify your own recipes to make them more heart and brain healthy. There will be new recipes to sample as well. Opa!

**Instructors:** **Rosalyn Tu**, MS, RD is a Wellness Coach and the Manager of Operations for BeWell. **Joanne Ambras**, is a Certified Nutrition Educator and Wellness Coach for BeWell.

*Two dates, times, and locations to choose from:*

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	5/3	1:00-2:00pm	Li Ka Shing Learning Ctr., Rm 209	\$40 (STAP/EA: YES)	hkm-02

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	5/10	12:45-1:45pm	3160 Porter Drive, Pacific Ocean Rm	\$40 (STAP/EA: YES)	hkm-01



## 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.

DAY	LOCATION	FEE	CODE
Rolling start	Online	\$225 (STAP/EA: YES)	kurbo-30

# NUTRITION / WEIGHT MANAGEMENT

## 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: Joanne Ambras** is a Certified Nutrition Educator and Wellness Coach. She has extensive experience helping people reach their goals as part of the BeWell team, her own private nutrition practice, and at a Silicon Valley Fortune 50 company. Joanne's areas of focus include: plant-based diets; healthy digestion; eating strategies to help lower cholesterol, glucose, or blood pressure; and healthy eating for busy people. She is enthusiastic about working with clients to create a sustainable plan that suits each individual's unique body, lifestyle, food preferences, and health goals.

DAY/TIME	LOCATION	FEE	CODE
By appointment	TBD	\$275 (STAP/EA: YES)	pnc-04c

**Coach: Christina Becker**, MPH, RDN, NBC-HWC, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 11 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. She has also served as a BeWell Coach. Christina 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.

DAY	LOCATION	FEE	CODE
W/F appts.	Phone/video chat	\$275 (STAP/EA: YES)	pnc-04a

**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.

DAY/TIME	LOCATION	FEE	CODE
By appointment	Phone	\$275 (STAP/EA: YES)	pnc-04e

**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.

DAY	TIME	LOCATION	FEE	CODE
M/T/TH	9:30am-3:00pm	TBD	\$275 (STAP/EA: YES)	pnc-04d

**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.

DAY	TIME	LOCATION	FEE	CODE
FRI	10:00am-3:00pm	Phone	\$275 (STAP/EA: YES)	pnc-04f



# NUTRITION / WEIGHT MANAGEMENT

## MINDFUL EATING: MAKING HEALTHY CHOICES & MANAGING WEIGHT THROUGH EATING WITH INTENT

Mindful Eating is an awareness practice that helps you choose nutritious foods and manage your weight by learning to recognize and respect the hunger and satisfaction cues emanating from the body, not the brain.

In this 4-week class, we will practice mindful eating together, and you will receive information about how to choose food that is both pleasing and nourishing, how to feel satisfied after meals, and how mindful eating, once internalized, can shift your relationship with food forever. Learn again the joy of healthy eating, and regain the pleasure of enjoying every meal.

**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.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	4/18-5/9	12:00-1:15pm	Li Ka Shing Learning Ctr., Rm 203/204	\$150 (STAP/EA: YES)	ewi-01



## NEWLY UPDATED | WAIST MANAGEMENT

What can you do about that annoying layer of fat around the middle? Why is your waist bigger now than it used to be? What are the best exercises to get rid of it? Sit-ups? HIIT? Are there certain foods you should or shouldn't eat? Do the fat cells in your middle behave differently than your other fat cells? Is your waist size really a key indicator of your health status and the "right" weight for you? Or is your Body Mass Index (BMI) all you need to know? None of us likes the look or feel of a roll around our middle, but there's more to it than our vanity. That roll of fat is part of a cluster of health problems that can put you at greater risk for heart disease, stroke, diabetes, endometrial and breast cancer.

Please join us in this noon-hour class to learn the answers to your questions, plus ten simple tips to banish that belly for benefits both in appearance AND health.

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

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	5/30	12:00-1:15pm	Clark Center, Rm s361	\$40 (STAP/EA: YES)	wm-01

*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](http://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.



# NUTRITION / WEIGHT MANAGEMENT

## WEIGHT MANAGEMENT: STARTING THE JOURNEY

This 8-week program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work. Each class will consist of individual health behavior goal setting, group discussion and activities. All interested individuals are required to engage in a short phone call with the facilitator before registering to ensure that the class is the right fit for them.

**Instructor:** **Debbie Balfanz**, PhD, Coordinator of Stanford HIP's Behavior Change/Weight Management Program. Please contact Debbie at 725-3185 before registering.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	4/25-6/13	5:30-7:00pm	401 Quarry Road, Rm 1211	\$250 (STAP/EA: YES)	wmsj-01

## WINNING THE LONG GAME: STRATEGIES FOR KEEPING THE WEIGHT OFF FOR GOOD

Many of us are able to initiate lifestyle changes, but not all of us are successful at maintaining them. This is particularly true when it comes to weight loss, not because it's necessarily difficult, but rather because so many of us aren't aware of the key factors that lead to optimal success. In this 5-week class, you'll learn how to think differently, and creatively, about your weight loss, and learn new ways to build on your success to make it permanent. We'll cover lesser-known strategies, focus on your unique challenges, and have some fun in the process. Each class will focus on a specific theme where the instructor/mentor will provide new information designed to generate group discussion, discovery, and peer support.

**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 by taking what she learned in the HIP weight management class, and expanding upon those learnings with techniques she discovered through her own personal journey.

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	5/1-5/29	5:30-7:00pm	1070 Arastradero Rd., Rm 109	\$250 (STAP/EA: YES)	wmbf-02

**BeWell**  
stanford

*Wellness for everyone  
Engagement for you*

**Expanded eligibility** All benefits-eligible Stanford employees can participate in activities that qualify them for the highest incentives we offer — no matter where you get your medical benefits!

**More ways to Engage** Engagement has expanded from one option to four: Coaching, Class, Commitment to Family or Community, Healthy Work Environment.

**No more data sharing** Your information will not be shared with anyone.

**The 2018 BeWell Program** Learn more at [bewell.stanford.edu](http://bewell.stanford.edu)

# PREVENTION & MEDICAL MANAGEMENT

## NEW | WEBINAR: ATRIAL FIBRILLATION – SYMPTOMS, CAUSES, AND TREATMENTS

Join this noon-hour webinar with Dr. Nitish Bahhwar and his colleagues with the Stanford Arrhythmia Service as they provide an overview of the irregular rhythm, Atrial Fibrillation (Afib). The incidence of Atrial Fibrillation increases with age and is associated with an increased risk of stroke. The team will review the conduction abnormality, the symptoms associated with Afib, and provide an overview of management options. They will also discuss lifestyle behaviors that you can adopt to reduce your risk of Afib.

**Instructors:** **Nitish Bahhwar**, MD, Clinical Professor and Director of Cardiac Electrophysiology Training Program at Stanford. Dr. Bahhwar recently began his faculty position at Stanford University in February 2018 and brings his expertise in treating patients with arrhythmias, particularly ventricular tachycardia and atrial fibrillation, along with his strong teaching skills, to train future electrophysiologists.

**Christine Tacklind**, ACNP has been with the Stanford Electrophysiology Service for the last 4 years. Prior to becoming an Acute Care Nurse Practitioner, Christine spent 12 years as a bed-side nurse in the Stanford Emergency, Trauma and ICU Department.

**Linda K. Ottoboni**, RN, PhD has been a clinical nurse specialist with the Stanford Electrophysiology Service for several years. Currently, her focus is on providing patients with strategies to manage symptoms associated with atrial fibrillation and supporting lifestyle modifications to reduce cardiovascular risk factors.

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	5/22	12:00-1:00pm	Computer	\$30 (STAP/EA: YES)	atfib-30



## 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.

DAY	DATES	TIME	LOCATION	FEE	CODE
MON	5/7	1:00-5:00pm	Arrillaga Outdoor Education & Recreation Ctr. (AOERC), Rm 103b	\$120 (STAP/EA: YES)	cpr-01

## 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.

DAY	DATES	TIME	LOCATION	FEE	CODE
MON	5/14	1:00-5:00pm	Arrillaga Outdoor Education & Recreation Ctr. (AOERC), Rm 103b	\$120 (STAP/EA: YES)	first-01

## NEW | WEBINAR: NON-MEDICATION TIPS AND TRICKS TO PREVENT AND CONTROL HYPERTENSION

Did you know lowering blood pressure just 1 - 2 points can reduce risk of heart attack, stroke, and heart failure?

Led by an American Society Hypertension-Certified Hypertension Clinician, this hour-long webinar empowers participants to understand strategies for preventing hypertension and improving blood pressure control. By the end of the session, participants will be able to understand how diet impacts blood pressure; identify goals for total salt intake, exercise and weight; as well as recognize medications and supplements that can influence blood pressure. Resources will be provided for individuals wishing to learn more about specific topics reviewed in the webinar, as well as how to access specialty hypertension care.

**Instructor:** **Rebecca Boyle** is the Physician Assistant for the Stanford Hypertension Center and recognized by the American Society of Hypertension as an expert Certified Hypertension Clinician (ASH-CHC). She has clinical experience in Oncology and Hematology, Gastroenterology and Hepatology.

DAY	DATES	TIME	LOCATION	FEE	CODE
FRI	5/18	12:00-1:00pm	Computer	\$30 (STAP/EA: YES)	htn-30

# PREVENTION & MEDICAL MANAGEMENT

## 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)

DAY	TIME	FEE	CODE
Rolling start	Self-paced 16 weeks, with maintenance up to a year	\$550 (STAP/EA: YES)	omada-30

## 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.

SESSIONS	FEE	CODE
12 Sessions: Stanford University & families	\$0	sciq-01
12 Sessions: Community	\$275 (STAP/EA: NO)	sciq-01a



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