HEALTHY LIVING

FALL QUARTER
September 25 – December 8

REGISTRATION BEGINS
SEPTEMBER 12

HIP.STANFORD.EDU
Healthy Living

HIP welcomes all members of the community to participate in our Healthy Living Program classes. Healthy Living classes draw from the biological, behavioral, environmental, and medical sciences, as well as traditional medicine practices to provide the most effective, and enjoyable approaches to wellbeing. Each class is designed to educate and provide the skills to support sustainable, health-enhancing behavior change. We offer lectures, interactive workshops, webinars, online programs, as well as personalized one-on-one health education.

CONTENTS

WELLNESS AT WORK

CPR & AED.......................................................... 3
First Aid ............................................................ 3
Competent Compassionate Communication in the Workplace 3
Sitting Comfortably at Your Computer Station .................. 4

DISEASE PREVENTION AND MANAGEMENT

Better Choices, Better Health ........................................... 4
Omada Online Weight Loss Program ............................ 4
Smoking Cessation: Intentional Quitting ....................... 5

ENVIRONMENTAL HEALTH AND BEHAVIOR CHANGE

Active Transportation Counseling** .................................. 5
Getting Ready for Fall/Winter Biking .............................. 6
Is an Electric Vehicle Right for You? ................................. 6

HEALTH ENRICHMENT

NEW | Aromatherapy and the Science of Smell for Better Health 7
Foundations of Healing Touch - Level 1 ................. 7
Group Drumming ................................................. 7
NEW | Life's Purpose Workshop ........................................ 8
Life Reflection Workshop for Self Discovery .................. 8
Life Transitions Workshop ......................................... 8
Oh for a Good Night's Sleep ........................................ 9
NEW | Play Attention: Improvisation and Mindfulness .... 9
Reiki Energy Healing - Level 1 ............................... 10
Reiki Energy Healing - Level 2 ............................... 10
Sleepio Digital Sleep Improvement Program ............. 10
Spinefulness ....................................................... 11
Tending Your Fall Garden ......................................... 12
The Guiselle Method® Foundations Course ................. 12

NUTRITION / WEIGHT MANAGEMENT

Boost Your Metabolism ............................................. 14
NEW | Holiday Eating: Breaking the Cycle .................. 14
NEW | Keto - Digital Health Coaching Program ............... 14
NEW | Nutritional Strategies to Maintain and Improve Brain Health 15
Personalized Nutrition Coaching .................................. 15
Weight Management: Starting the Journey .................. 15

STRESS MANAGEMENT

NEW | Enhancing Resilience ...................................... 16
Equine-Imity – Stress Reduction in the Company of Horses 16
Equine-Imity – Somatic Horsemanship 1 Hour 1st Sessions 16
NEW | Headspace .................................................. 17
Lantern Online Program for Reducing Anxiety ............ 17
Mindfulness-Based Stress Reduction (MBSR) ............. 18
Personalized Stress Reduction ................................... 18

REGISTRATION INFORMATION

Register online at hip.stanford.edu

Wellness at Work

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. Please note: this is not a Basic Life Support (BLS) certification. Certificate cards will be sent out 3 weeks after the class.

Date: Tue, 10/17  Time: 1:00-5:00pm
Location: Clark Center, Rm S361
Fee: $100 (STAP or EA Funds) Code: cpr-01

First Aid

This 4-hour workshop will provide a variety of first aid techniques to use when dealing with the victims of accidents. You will learn how these medical techniques can be performed with minimal equipment.

Certificate cards will be sent out 3 weeks after the class.

Date: Tue, 11/7  Time: 1:00-5:00pm
Location: TBD
Fee: $100 (STAP or EA Funds) Code: first-01

Competent, Compassionate Communication in the Workplace

Since we spend so much of our time at work, learning how to effectively deal with challenging co-workers, employees, and supervisors is worth our time. Research is demonstrating that communicating with compassion results in more positive outcomes, and decreases stress for all parties involved. Stronger climates of compassionate communication often lead to increased job satisfaction, commitment to the organization, and accountability for work performance.

In this course, we will examine and apply practices of compassion, both verbally and nonverbally, such as demonstrating empathy as boundaries are expressed, and using body language to convey understanding. We will cover how power differences can be managed, and how conflict can be diffused with precision and grace.

Instructor: Marianne Neuwirth, PhD, Communication Consultant and Trainer. Dr. Neuwirth specializes in training others in effective self-expression personally and publically, and conducts sessions on Leadership, Storytelling, Persuasion/Negotiation, and Conflict Resolution. She is the Founder and Director of the Oral Communication Program at Menlo Business College, and has been a long-time consultant at Stanford University.

Register online at http://hip.stanford.edu
Sitting Comfortably at Your Computer Station – 1 Hour Individual Sessions

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.

NOTE: Please allow 2-3 weeks for the instructor to contact you by email for scheduling.

Instructor: Jean Elvin MRA, GCFP is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics, EH&S. Jean also teaches "Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension," (tel-01) for HIP.

Register online at http://hip.stanford.edu

Day/Dates Time Location Fee Code
1-hour session TBD Your computer station $110 (s/b/stap: yes) sccs-02
3-hour sessions TBD Your computer station $325 (s/b/stap: yes) sccs-03

Better Choices, Better Health

Co-sponsored with Stanford Coordinated Care

This 6-week workshop, also known as the Chronic Disease Self-Management Program (CDSMP), is ideal for individuals with ongoing and persistent health conditions, and also for caregivers. The workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to lead active and purposeful lives. Developed and evaluated at Stanford 20 years ago, the program is now offered across the US and internationally. Healthy eating, exercise planning, communication skills, dealing with frustration, fatigue, and pain, making informed treatment decisions and other disease-related problem solving will be explored. The environment of mutual support and shared success helps to facilitate lasting positive changes. Each participant in the workshop receives a copy of the companion book, “Living a Healthy Life With Chronic Conditions”, and an audio relaxation CD, “Relaxation for Mind and Body”.

Instructors: Nastasia Poso, CMA, works as a patient-care coordinator in the Stanford Coordinated Care Clinic. She is a certified Trainer for CDSMP and has a background in wellness, health coaching, mindfulness meditation and disease management. Melissa Buenipto, who has a master’s degree in community health, has over 20 years of experience with chronic health conditions, and provided individual consultation for over 15 years.

Instructor: Jean Elvin MRA, GCFP is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics, EH&S. Jean also teaches "Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension," (tel-01) for HIP.

Register online at http://hip.stanford.edu

Day/Dates Time Location Fee Code
Week 10/18-10/29 8:00-7:30pm Hoover Pavilion, 4th Floor Conference Rm $160 (s/b/stap: yes) bcbh-01

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, 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.

Register online at http://hip.stanford.edu

Day/Dates Time Location Fee Code
12 Sessions: Stanford University & families TBD TBD TBD $60 sccs-01
12 Sessions: Community TBD TBD TBD $275 (s/b/stap: yes) sccs-01a

Mindful Moms – Free Class!

Calling all moms!

Tuesday, September 26 12:00-1:30 pm
67 Encina Ave, Palo Alto CA

Formerly offered through HIP, now enjoy this FREE class with Krisari Harwell, as she invites you to nurture your mind, body and heart in a supportive community of moms who care deeply about parenting with presence. Try to tend your mind with mindfulness meditation, shed physical tension through gentle yoga, and meet a whole circle of amazing mothers who are seeking meaningful connection, just like you!

REGISTER at: http://mindbodymoms.com/free-introductory-classes

Active Transportation Counseling™

Learn to gradually expand your non-auto transportation without aiming for perfection. In person or by phone, 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 Rosen, LCSW, at 498-4744.

Instructor: Jane Rosen, MSW, LCSW, Manager of Stanford HIP’s Environmental Behavior Change program.

Register online at http://hip.stanford.edu

Day/Dates Time Location Fee Code
1-hour session TBD In person or by phone TBD $100 (s/b/stap: yes) atc-04

Omada Online Weight-Loss Program for Prevention of Diabetes & 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 250 Stanford University employees have already enrolled!

You’ll learn new strategies related to nutrition, 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 1½ pounds at 6 weeks. Register anytime and begin the program within 2 weeks of registration.

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/stu

Register online at http://hip.stanford.edu
Getting Ready for Fall/Winter Biking

Biking safely continues to be an important healthy way to increase exercise, lower stress, save money, reduce traffic congestion with its related anxiety, and protect the environment. It’s important to know how to overcome the barriers that may get in the way such as darkness, cold, and rain, so your healthy endeavors may be sustained even under those conditions.

Join us for this class if you are a fair-weather bike commuter, or a recreational rider interested in learning about bicycling in colder weather, with shorter daylight hours, and/or when rain is predicted. Knowing how to dress for Bay Area winter weather and outfit your bike for drizzle and darkness can help you keep fit year-round. In this off-the-road educational class, you will learn safety and basic commuting skills with photos and video, model clothing options for staying warm and dry, and demonstrate a variety of effective lights for your bike and helmet.

There will be opportunity for goal-setting for those who’d like to get started right away making a change within the next month. Please note: This class is offered for Free for all Stanford graduate students. Contact HIP at healthimprovement@stanford.edu for special registration instructions.

Instructors: John Ciccarelli, League Cycling Instructor and Jane Rosten, MSW, LCSW, Manager of Stanford HIP’s Environmental Behavior Change program.

Is An Electric Vehicle Right For You?

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 EV (EV charging home, work and public spaces), range anxiety misconceptions, battery longevity, buying vs. leasing, and the environmental, economic, and personal benefits of EV adoption.

As a bonus, there will be a number of EVs to explore in and out, including the Nissan Leaf, Kia Soul EV, Chevy Volt, Fiat 500-e, Ford Focus EV, and likely new all-electric Chevy Bolt with 238 mile range! Participants may view cars beginning an hour before class (4:30pm) and for 30 minutes after class.

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 spiritual work in promoting electric vehicles.

Jim Barbera, Systems Engineer at ChargePoint (prominent local charging company). Jim is familiar with all aspects of installation of EV charging stations at home and in commercial settings. Jim is an experienced EV Driver (30,000 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.

Jane Rosten, MSW, LCSW, Manager of Stanford HIP’s Environmental Behavior Change program and proud owner of an EV.

Foundations of Healing Touch – Level 1

Healing Touch is a complementary, energy-based approach to health, that uses heart-centered, gentle, non-invasive techniques to calm, balance and align the human energy system. The goal of Healing Touch is to restore harmony and balance in the energy system, placing the recipient in the position to self-heal. Healing Touch is proving to be very effective as a complimentary modality in the hospital environment. Currently, Healing Touch is being used in several capacities at Stanford University Medical Center.

In Level 1, you will learn techniques to use on yourself, your family and friends, and to incorporate into your professional practice if you are a health care provider. Healing Touch recipients report effects ranging from deep relaxation to a more vivid sense of mind-body-spirit connection and many people report significant relief from physical pain. The purpose of the class is to enable the learners to be able to practice Healing Touch techniques and self-care from a holistic approach. This is the first class in the Healing Beyond Borders HTI Certification program and provides 18 continuing education contact hours for nurses and massage therapists. Registrants will receive a copy of the required text “Foundations and Practice of Healing Touch”.

Instructor: Elizabeth Helms, RN, BSN, MATP Elizabeth Helms, RN, BSN, MATP is a Healing Touch Practitioner/Instructor and Public Health Nurse, currently practicing in the Sierra Nevada. Prior to moving to the Sierra, Elizabeth had a private practice in Palo Alto and worked as a Healing Touch Provider for Cancer Supportive Services at the Integrative Medicine Clinic and as the Associate Director of the Stanford Healing Partners program.

Instructor: Lisa Offringa, Ph.D. Dr. Offringa is an applied research scientist trained in medical and nutritional ethnobotany. She specializes in plants that are used for medicine, and prepared foods that increase performance and wellness. She is currently a Research Fellow at Stanford Prevention Research Center, and Lecturer in Integrative Biology at UC Berkeley.

Group Drumming – Making Rhythm & Music for your Body, Mind, and Heart

Start your week with some rhythm! In this 3-week class, experience the release of workout cares and share the joyful energy of making music and rhythm 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 – “Rhythm”
- 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 good and feel good
- 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.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 10/12 5:30-7:30pm</td>
<td>1070 Arrastadero Rd, Rm 202A/B</td>
<td>$0</td>
<td>cecos-01</td>
</tr>
</tbody>
</table>
The following Life Series Workshops are designed to use "reflection" on personal life experiences, for increased awareness and understanding of life, in the path of self-discovery and personal growth. They draw on values, resiliency, purpose, social connection and more, to invite us to lead an intentional life with enhanced health, wellbeing, and joy.

**Life’s Purpose Workshop**

“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 the small group setting that will combine practical teaching points and discussions will provide a safe, confidential environment in which you can move ahead with capability, focus and energy. You may be surprised by discussions about awe, change, relationships, mindfulness practices, and guided interactive group discussion on how to embrace life transitions with energy and focus, how to understand and work with the challenging emotions of change, how to develop new sense of purpose, and how to find growth in the midst of change.

**Instructors:**

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.

Patty DeVries, MS. Patty is the Director of the Stanford Health Promotion Network and Director of Strategic Projects for the Stanford Medicine WellMD Center.

---

**Instructors:**

- **Linda Hawes Clever, MD.** Dr. Clever founded not-for-profit RENEW 18 years ago, and is author of "The Fatigue Prescription: Four Steps to Renewing Your Energy; Health and Life."
- **Patty McLucas, Director of Mindful Wellness,** delivers programs in Stress Reduction, Mindful Eating, Sound Sleep and Mindful Leadership Communication to senior executives and employees.

---

**Health Enrichment**

**Oh, For a Good Night’s Sleep! Using Mindfulness to Regulate Your Sleep and Your Life**

Discover how the simple practice of mindfulness can help transform your lifestyle habits to set the stage for a peaceful night’s sleep. In this 3-session class, we will review core aspects of wellness—sound sleep, stress reduction, consistent exercise, and healthy eating—and learn how the quality of these fundamental activities affects each moment of our day. Experience guided meditations that will help you feel better and improve your ability to cope with the typical stressors of daily life. You will learn current guidelines for good sleep hygiene and the most common causes of nighttime wakefulness and difficulty falling asleep.

Class activities will include goal setting for implementing healthy sleep habits, tracking sleep patterns, and assessing results.

**Instructor:** Patty McLucas, Director of Mindful Wellness, delivers programs in Stress Reduction, Mindful Eating, Sound Sleep and Mindful Leadership Communication to senior executives and employees.

---

**Day/Dates** | **Time** | **Location** | **Fee** | **Code**
--- | --- | --- | --- | ---
**Tue, 10/10** | 12:00-1:15pm | 500 Broadway, Redwood City Rm 212 | $100 (stap/ea: yes) | hw-01"
NEW | Play Attention: Improvisation and Mindfulness

Mindfulness—paying attention to the present moment with curiosity and kindness—enhances many aspects of our physical health and emotional wellbeing. Want to increase immune function, positive emotion, social connection, emotional intelligence, focus and creativity? Want to decrease pain, anxiety, stress, depression, or emotional volatility? Mindfulness can show you how.

In this course, we’ll move toward all those benefits by putting mindfulness on its feet! Combining formal practices with highly engaging improvisation-based activities, is an approach that will help participants experience the benefits of mindfulness in a new and enlightened way.

After 4 sessions you will have concrete tools to:

- change your relationship to “failure”
- train the “puppy mind” with patient, kind, and firm repetition
- develop an attitude of kindness and curiosity toward self and others
- turn off autopilot and turn on a fuller range of experience and expression
- choose from a range of nuanced responses rather than relying on hair-trigger reactions

This course incorporates insights and practices from the Mindfulness Based Stress Reduction (MBSR) model first developed by Jon Kabat-Zinn at the UMASS Medical School, the MBSR course run by the Mindfulness in Schools Project, and decades of improvisational theatre training. We will refer to improv principles and techniques and use some improv exercises, but all are welcome regardless of improv experience.

Instructors
Lisa Rowland is a lecturer at Stanford in the Theatre Department, and a member of the faculty of the BATS School of Improv. Lisa performs and coaches improvisation and speech skills around the world. She and fellow instructor Ted DesMaisons have produced a series of “Monster Baby Podcasts” where they explore the sometimes surprising intersections between mindfulness and improvisation.

Ted DesMaisons, MBA, MTh. Ted is a trained Mindfulness Based Stress Reduction (MBSR) instructor who serves as the US Partner for the UK-based Mindfulness in Schools Project. He has studied, performed, and taught improvisation internationally, including with Patricia Ryan Madison, the Stanford Improvisors, and BATS Improv of San Francisco. Ted is founder and principal of ANIMA Learning.

After 4 sessions you will have concrete tools to:

- train the “puppy mind” with patient, kind, and firm repetition
- develop an attitude of kindness and curiosity toward self and others
- turn off autopilot and turn on a fuller range of experience and expression
- choose from a range of nuanced responses rather than relying on hair-trigger reactions

Welcome level 1 and 2.

Health Improvement Program    650-723-9649 Register online at http://hip.stanford.edu

Reiki Energy Healing – Levels 1 & 2

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.

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

Reiki Energy Healing – Level 1

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 through giving and receiving Reiki sessions to classmates. Your level 1 certificate allows you to advance to Level 2 Reiki training when desired.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 10/7</td>
<td>9:00am-5:00pm</td>
<td>HIP-Redwood Bldg, Rm 1116</td>
<td>$200 (stap/ea: yes)</td>
<td>rh-01</td>
</tr>
</tbody>
</table>

Reiki Energy Healing – Level 2

Register for Level 1 and 2 together and receive a $25 discount (rh-03)

In Level 2, learn to focus and develop your Reiki healing energy using three mantras and symbols: the Power symbol, the Mental/Emotional symbol and the Distance Healing symbol. Three additional attunements will be provided to expand your abilities and energetic awareness. Full treatment protocols will be discussed. Level 1 Reiki certification is a prerequisite.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 10/28</td>
<td>9:00am-5:00pm</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$225 (stap/ea: yes)</td>
<td>rh-02</td>
</tr>
</tbody>
</table>

Spinefulness – Back Health Top to Bottom

This 4-session class will teach you keen body awareness and corrections that will allow relief from mechanically-based joint and back pain. Whether you are suffering in your neck, feet, or joints, our Spineful approach will guide you to replace patterns of wear and tear with habits that restore joints. You will learn small, but critical, position shifts to apply to every day activities. Learn to sit happily aligned and relaxed. Once you know this information you can use it everywhere: in your car, at work, or at the movies. Tap into the healing potential of gravity in any moment of the day, anywhere you are. Please wear loose comfortable pants to class.

Instructors
Jenn Sherer, co-directs the Balance Center and is passionate about helping others take charge of their own relief through habits that restore joints. You will learn small, but critical, position shifts to apply to every day activities. Learn to sit happily aligned and relaxed. Once you know this information you can use it everywhere: in your car, at work, or at the movies. Tap into the healing potential of gravity in any moment of the day, anywhere you are. Please wear loose comfortable pants to class.

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 the 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 whenever and wherever is convenient for you, on your computer, tablet or phone. You’ll also gain access to a library of articles and guides which cover common problem areas, like pregnancy and sleep, shift work, and jet lag.

To get started:
Step 1 - Discover your Sleep Score for free at 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 that are tailored to your specific problems and progress.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, 10/11-11/1</td>
<td>12:00-1:15pm</td>
<td>Memorial Hall, Acting Studio Rm 129</td>
<td>$125 (stap/ea: yes)</td>
<td>improv-01</td>
</tr>
</tbody>
</table>

Wellness On Wheels

Can’t get away for a HIP class?
Let us bring one to your Stanford department!

For more information, go to: http://hip.stanford.edu
The Gokhale Method® Foundations Course: No More Aches and Pains

Changing 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, sleep and exercise. You will use the recently invented Gokhale Posture Sensor to get a real time read of the shape of your spine as you learn improved ways to be in your body.

Classes are capped at eight students to allow lots of hands-on guidance and individualized feedback. Attain a new level of wellness and enjoy a fascinating journey into the anthropology, history and anatomy of human structure and movement.

Instructor: Esther Gokhale, creator of the Gokhale Method (www.GokhaleMethod.com) Ms. Gokhale’s mission is to provide posture and movement re-education to help people eradicate unnecessary pain and live their best lives. She is the author of 8 Steps to a Pain-Free Back.

Wings and Anchors

What does it take to move forward in Life, Health, and Work? Goals, resources, planning, launching, and sometimes re-launching. It can be done!

In this 2-session course with Dr. Linda Clever, we will address two elements that bring the vitality you seek in order to make progress: Wings and Anchors. Using presentations, confidential conversations, worksheets, and time for reflection and writing, you will learn ways to have Wings: find purpose and develop fitness with good sleep and health practices, for example. You will also develop Anchors, which include defining values and attitude, plus having healthy relationships. You will be refreshed and your energy rekindled, with practical, do-able action items about ways to move forward using proven techniques to achieve and maintain good health in the broadest sense: body, mind and spirit.

Instructor: Linda Hawes Clever, MD is a Stanford graduate and Adjunct Clinical Professor of Medicine and former Associate Dean of Alumni Affairs at our School of Medicine. She founded the not-for-profit RENEW 25 years ago, and is author of “The Fatigue Prescription: Four Steps to Renewing Your Energy Health and Life”.

Wellness Coaching

Are you eager to make lasting change in an important area of your wellbeing? Tired of using quick-fix solutions that only add up to temporary change?

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 initial session is a 1-hour conversation, usually conducted via phone, with the option of doing it in-person. The initial session is followed by subsequent 15-30 minute telephone conversations.

What wellness coaching is not...

Wellness Coaching is for individuals who have an interest in making broader life changes. While participants are welcome to work on making changes to eating and/or stress management behaviors during the course of wellness coaching, 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.

Please read our Coaches’ biographies carefully before registering, as each of them brings a unique set of specializations and experiences, and differ in their availability.

Our Coaches

JULIE ANDERSON, MPH, has been with HIP since 1991 and is currently the Manager of the BelEvel Wellness Profile Program. Julie has a BS in health fitness, a masters degree in public health, and holds Wellness Coaching certification through Wellcoaches®. As a working mom in her early 50’s, Julie knows what it’s like to juggle work, marriage, parenting a young child, and prioritizing wellness.

DEBBIE BALDWIN received her PhD in Social Psychology from Princeton University and came to HIP in 2002. 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.

Weeding Your Way to Wellness

This free class is sponsored by School of Earth, Energy, and Environmental Sciences

Participate in the beauty and abundance of harvest season this autumn at the O’Donohue Family Stanford Educational Farm. Enjoy a warm cup of tea, freshly brewed from herbs harvested that morning. After tea, we will do some gentle stretching and then begin weeding. Enjoy the meditative quality of weeding to create order and balance in the garden, and in one’s thoughts. The group leader will share a nature poem with the class to close each session.

NOTE: Wear loose comfortable clothes and dress for the weather, as we will be outside for the entire class.

Facilitator Kathy Semmers. Kathy is a Lab Manager in the Biology Department and an avid gardener. She is known "weeding for wellness" and a harvest volunteer at the Farm for over 2 years and loves sharing the good-for-the-soul spirit of the Farm.

Tending Your Fall Garden

Plant your winter garden this fall. Gardening provides a wholesome activity that promotes the health of both mind and body. Experiencing the contemplative activities of gardening and interacting with nature can help one to relax, unwind, reflect and restore. And not least, gardening nourishes us with fresh vegetables and fruits. Join us in this 3 session class at the O’Donohue Stanford Educational Farm at this very transitional time of the year, where we can still enjoy and be inspired by autumn’s bounty around us while we prepare the soil and ourselves for another healthy season.

You will learn:

- how to grow winter vegetables and about crop rotation throughout the seasons to maintain healthy garden beds.
- to enhance the harmonious experience of connecting with nature by practicing mindfullness in the garden.

Instructor: Anna Lee is a PhD student in the Emmett Interdisciplinary Program in Environment and Resources (EI-EPER). 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, and an MS in Agroecology from UW-Madison.

Wellness Improvement Program 650-723-9649 Register online at http://hip.stanford.edu
**Nutrition / Weight Management**

**Boost Your Metabolism**
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.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 10/19 12:00-11:55pm</td>
<td>$35 (stap/ea: yes)</td>
<td>bymm-01</td>
</tr>
</tbody>
</table>

**NEW! Holiday Eating – Breaking the Cycle**
Fall is around the corner and so are the winter holidays! This time of year is often marked by joy and time spent with loved ones, but many of us also anticipate what can feel like the inevitable: too much food, drinks, sweets, and consequently, that seemingly guaranteed unhealthy yo-yo weight cycling.

How can we set ourselves up for a healthier holiday season? One where we gain joy and memories, and not weight? Join this noon hour class to learn how to “maintain, not gain” during the 2017 holiday season.

You will learn:
- How to navigate holiday dinners and buffets
- How to apply the hunger/fullness scale to prevent overeating
- How to practice mindful eating to be intentional about food choices
- How to make healthier versions of your favorite holiday treats

Instructor: Christina Becker, MPH, RD, CHCW. Christina has over 13 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.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, 11/15 12:00-1:00pm</td>
<td>Clark Center, Rm 5361</td>
<td>$30 (stap/ea: yes)</td>
<td>hebc-01</td>
</tr>
</tbody>
</table>

**Kurbo**
Kurbo is a 12-week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthy, 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 reduce 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 practice mindful eating to be intentional about food choices and 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.

Learn more at www.kurbo.com

Note: Upon registration, you will receive an email from HIP with instructions for how to access your program.

Instructor: A professionally trained Kurbo health coach will meet with you once a week via video chat (approx. 15 mins) to provide accountability and motivation.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling start, 9/25 - 12/8 TBD</td>
<td>Your computer, tablet, or smartphone</td>
<td>$225 (stap/ea: yes) Kurbo-30</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Nutritional Strategies to Maintain and Improve Brain Health**
A novel approach to improve the health of those who work long hours or are shift workers is to address their nutrition and hydration status. Join Dr. Maryam Hamidi as she covers the most recent nutritional strategies based on a review of literature relevant to improving brain health, sleep, and alertness in adults. Topics will include ways to (a) improve dietary habits that affect sleep (e.g. how to eat in accordance with our circadian clock) (b) use nutritional strategies to improve alertness while sleep deprived (e.g. timing of caffeine consumption, and composition of meals and snacks), and (c) eat to maintain and improve brain health (e.g. following MIND dietary pattern).

Instructor: Maryam S. Hamidi, PhD, is a research professional at the Stanford Medicine WehM.D Center and has particular nutrition expertise in enhancing cognitive performance and alertness of professionals with long working hours and high cognitive demands including physicians and pilots.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, 10/25 12:00-1:15pm</td>
<td>Clark Center Auditorium</td>
<td>$40 (stap/ea: yes)</td>
<td>nadin-01</td>
</tr>
</tbody>
</table>

**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 reenergize your pathway to wellbeing.

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.

**Our Coaches**

**NICOLE COOPER, ATC, RDN, NASH-OFF, has over 15 years of experience working in dietetics, personal training, and corporate wellness. She is currently a BelVive 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. Nicole will help tap into what motivates you and guide you to a successful outcome. Please note Nicole’s sessions are conducted over the phone.**

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appts TBD</td>
<td>TBO</td>
<td>Phone</td>
<td>$275 (stap/ea: yes) pnc-04e</td>
</tr>
</tbody>
</table>

**SHAUNA HYDE, RD, CDE. With over 15 years experience as a nutrition educator, Shauna 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, eating out, and physical activity are all topics that she can help you improve. Shauna is an exercise enthusiast! She loves hiking, jogging, yoga and kick-boxing.**

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appts TBD</td>
<td>TBO</td>
<td>In person or by phone</td>
<td>$275 (stap/ea: yes) pnc-04d</td>
</tr>
</tbody>
</table>

**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.

Facilitator: Debbie Baltazis, PhD, coordinator of the Stanford Behavior Change/Weight Management Program. Please contact Debbie at 725-3185 before registering.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field, 11/7 170</td>
<td>5:30-7:00pm</td>
<td>451 Quarry Road, Rm 121</td>
<td>$350 (stap/ea: yes) ebooks-01</td>
</tr>
<tr>
<td>Wed, no class 11/12, 12/7 &amp; 11</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Stress Management

NEW | Enhancing Resilience by Cultivating a Contemplative Lifestyle

Delight in effectively developing daily lifestyle habits that render the resilience-building benefits of contemplative practices. Resilience is the ability to efficiently bounce back after hardship, to adapt to change, and more important, to learn from both. This increases a person’s capacity to manage stress, deal with difficult feelings and effectively handle whatever comes their way. Thus, resilience supports professional excellence. Fifty years of research has shown that contemplative practices, such as mindfulness, self-compassion, breathing, reflection, quieting the thinking mind through gentle movement, gratitude, journaling, awareness—awakening nature walks, and experiencing membership in something larger than your individual life, all enhance resilience.

This 2-session workshop, in conjunction with Stanford’s Contemplation By Design (CBD) Summit, November 1-9, will equip you with a sequence of tools from the science of behavior change, for creating or strengthening your contemplative lifestyle routine. Develop a personal resilience-building lifestyle action plan during these 2 sessions. Learn ways to deepen and enhance your engagement with the numerous contemplation-related opportunities offered in the CBD Summit, and thus maximize your benefit from the free Summit sessions you attend.

Instructor: Tia Rich, PhD, Senior Specialist in Health Promotion. Dr. Rich’s creation and leadership of the Contemplation by Design (CBD) program is an expression of her steadfast dedication to the resilience and wellbeing of the Stanford community.

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.

Equine-Imity — Somatic Horsemanship 1 Hour Individual Sessions for Stress Reduction

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. All sessions are conducted in an environment that is free of distractions and the focus of the experience is on learning.

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.

Lantern Digital Program for Reducing Stress, Anxiety or Depression

Lantern is a go-at-your-pace mobile program designed by Stanford researchers and draws from over 15 years of research on technological applications for improving emotional wellbeing. Lantern’s evidence-based program helps individuals strengthen overall resilience, better 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, emotions and behaviors that are associated with stress and mind wandering. Participants can access the program on an app on their phone and tend to access their program 24 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.

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, reduce stress, and reduce mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. And meditation generally has evidence for improving sleep, anxiety, working memory, pain management and many other outcomes.

With this digital program, 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. We recommend completing the Basics series before you jump into other packs. It’ll give you a solid base on which to build your practice.

Special Two-Step Registration Process:

Step 1: Register for the Headspace program at hip.stanford.edu

Step 2: Receive email from Headspace 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.
Mindfulness-Based Stress Reduction (MBSR)

co-sponsored with Stanford Center for Integrative Medicine

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 (MBSR) programs at Stanford.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 9/26-11/14</td>
<td>7:00-9:30pm</td>
<td>Li Ka Shing Learning Ctr., Rm 130</td>
<td>$330 (stap/ea: yes)</td>
<td>msm-01</td>
</tr>
</tbody>
</table>

NOTE Retreat on Saturday, November 4th from 9a-5p in Li Ka Shing Learning Ctr., Rm 101/102.

Contemplation by Design

November 1 - 9, 2017

https://contemplation.stanford.edu/summit.php

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, reframing, and connecting to the values informing the life you want to live. You will be contacted within 5 business days of registration for scheduling.

Instructors:

PATTY MCLUCAS, CPT, A Wellness Consultant for over 20 years, teaches Mindfulness Meditation for Stanford's Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for Stanford's Health Improvement Program, where she also teaches mindful eating and sleep classes. Patty has taught mindfulness, meditation and stress reduction for corporations including Apple Computer and Google, and is the founder of Mindful Wellness, a comprehensive corporate wellness program. Patty is also a Certified Personal Trainer providing instruction in strength training, flexibility and weight control.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Appts</td>
<td>2:00-3:00pm</td>
<td>TBD</td>
<td>$275 (stap/ea: yes)</td>
<td>psrp-04b</td>
</tr>
<tr>
<td>Wed Appts</td>
<td>11:00-2:00pm</td>
<td>TBD</td>
<td>$275 (stap/ea: yes)</td>
<td>psrp-04b</td>
</tr>
</tbody>
</table>

SANNE LIM, Certified Integral Coach. Sanne is a Mindfulness and Behavior Coach for Stanford Graduate Students at iThrive/HPS and the Stanford GSB. She has also taught positive psychology skills at Bechtel International Center. Having lived for 4 years on campus in the graduate student community, Sanne is especially engaged with the experience of international families, and the stressors that transition and change can bring. Sanne worked for a number of years in product management and as a language specialist at Google and LinkedIn.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu Appts</td>
<td>9:00-10:00am, or 1:30-5:00pm</td>
<td>Main Campus</td>
<td>$275 (stap/ea: yes)</td>
<td>psrp-04c</td>
</tr>
<tr>
<td>Fri Appts</td>
<td>12:30-4:30pm</td>
<td>Main Campus</td>
<td>$275 (stap/ea: yes)</td>
<td>psrp-04c</td>
</tr>
</tbody>
</table>

SARAH MEYER-TAPIA, MA, Counseling and Health Psychology. 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 worked in the field of health and wellness for 15 years.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Tue Appts</td>
<td>4:00-6:00pm</td>
<td>Main Campus</td>
<td>$275 (stap/ea: yes)</td>
<td>psrp-04</td>
</tr>
<tr>
<td>Wed Appts</td>
<td>10:00-12:00pm</td>
<td>Main Campus</td>
<td>$275 (stap/ea: yes)</td>
<td>psrp-04</td>
</tr>
</tbody>
</table>