HEALTHY LIVING

WINTER QUARTER
JANUARY 16 - MARCH 16
REGISTRATION BEGINS JANUARY 10
HIP.STANFORD.EDU
DID YOU KNOW HIP WAS 35 YEARS OLD?
YES, THIS YEAR 2018 MARKS THE 35TH ANNIVERSARY OF HIP!

THIS IS WHY WE’RE PROUD

The Health Improvement Program, more popularly referred to as HIP, has been a part of the Stanford Prevention Research Center (SPRC), in the School of Medicine since 1983. HIP is a unique health promotion program that serves Stanford University and Hospitals’ faculty, staff, retirees, family members, as well as the greater community. It is unique because we not only offer a broad spectrum of educational and wellness programs, but also because of our strong commitment to science-based information and educational processes that reflect the best practices of behavioral science.

In the early 1980s, research was beginning to show that wellness programs offered at worksites could effectively impact the health of its employees. John W. Farquhar, MD, a cardiologist and professor of Medicine, Health Research and Policy, determined that many of the practices used by health promotion departments were based on principles developed at Stanford, and in particular, the Stanford Prevention Research Center. Dr. Farquhar then established HIP within SPRC as a cutting edge health promotion program dedicated to improve the health and well-being of the Stanford community through science and education.

2018 marks our 35th anniversary, and from the conception, we were determined to become an important part of the fabric of Stanford’s Medical Center and the university. We continue to take advantage of the intellectual property of SPRC and model the science of healthy living by using translational research to promote wellness. Our educational programs and materials have had substantial impact on the people at our university, across the country and around the world. We are proud to represent SPRC, the School of Medicine, and Stanford University.

During this 35th anniversary year, we will continue to highlight our program and exemplary team that have made HIP a national leader in health promotion, wellness and well-being. Thank all of you for being part of HIP’s success, and we wish you a vibrant and healthy new year!
# TABLE OF CONTENTS

1) Environmental Health and Behavior Change
   - Active Transportation Counseling .......................................................... 4
   - Wellness Coaching .................................................................................... 4
   - Climate Change: What You Can Do To Live A Low-Carbon Life ............... 5

2) Disease Prevention
   - Better Choices, Better Health .................................................................... 5
   - OMADA – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease .......................................................... 6
   - Sleepio – Digital Sleep Improvement Program ......................................... 6
   - Smoking Cessation: Intentional Quitting .................................................. 6

3) Health Enrichment
   - **NEW CLASS**: Why Did I Eat That – Again? ........................................... 15
   - Weight Management – The Journey Continues ......................................... 15
   - Personalized Nutrition Coaching ............................................................... 14
   - Losing Weight Together: Working W/ Your Partner To Make Sustainable Lifestyle Changes .................................................. 13
   - Personalized Stress Reduction ................................................................. 15
   - Time Management For Less Stress and More Joy ..................................... 11
   - Postpartum Wellness: Thriving With Your New Baby ................................ 9
   - Spinefulness Basics – A Little Awareness Goes a Long Way .................... 10
   - Spinefulness – Plus Focus On Neck, Shoulders, Arms And Hands .......... 10
   - This One’s For You: Refresh, Restore And Renew! .................................. 10
   - Inner Balance with Heartmath ................................................................. 16
   - Lantern - Online Program For Reducing Stress, Anxiety Or Depression .. 16
   - Lighten Up 2.0: How To Be Less Stressed About Stress .......................... 17
   - Mindfulness Walking Meditation In Nature .............................................. 17
   - Mindfulness-Based Stress Reduction (MBSR) .......................................... 18
   - Personalized Stress Reduction ................................................................. 18
   - Sound Immersion Experience – Gongs & Singing Bowls ......................... 19
   - CANCELED: Wisdom Therapy – All We Need Is Love, And Wisdom .......... 19

4) Nutrition / Weight Management
   - **NEW CLASS**: TRANSFORM 40: Fitness Programming For Fat Loss .... 11
   - Food Trends: Where Are We Now? The Evidence Behind Popular Foods & Diets .......................................................... 12
   - Healthy Body Healthy Mind ..................................................................... 12
   - How, When And What To Eat To Improve Body Composition ................. 12
   - Kurbo ......................................................................................................... 13
   - Personalized Nutrition Coaching ............................................................... 14
   - Weight Management – The Journey Continues ......................................... 15
   - Why Did I Eat That – Again? .................................................................... 15

5) Stress Management
   - Breathing For Longevity, Love, And Livelihood ....................................... 15
   - Headspace ................................................................................................ 16
   - Inner Balance with Heartmath ................................................................. 16
   - Lantern - Online Program For Reducing Stress, Anxiety Or Depression .. 16
   - Lighten Up 2.0: How To Be Less Stressed About Stress .......................... 17
   - Mindfulness Walking Meditation In Nature .............................................. 17
   - Mindfulness-Based Stress Reduction (MBSR) .......................................... 18
   - Personalized Stress Reduction ................................................................. 18
   - Sound Immersion Experience – Gongs & Singing Bowls ......................... 19
   - CANCELED: Wisdom Therapy – All We Need Is Love, And Wisdom .......... 19

6) Wellness at Work
   - CPR & AED .............................................................................................. 19
   - First Aid .................................................................................................. 19
   - Martial Arts For The Mind: Stress and Resiliency Skills For The Workplace 20
   - Sitting Comfortably At Your Computer Station ....................................... 20

* = NEW CLASS

REGISTER ONLINE   http://hip.stanford.edu
ENVIRONMENTAL HEALTH & BEHAVIOR CHANGE

CLIMATE CHANGE: WHAT YOU CAN DO TO LIVE A LOW-CARBON LIFE
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 (CO2), 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 2/7-2/21  6:30-8:30pm Medical School Office Bldg., (MSOB), RM 303  $200  locarb-01

ACTIVE TRANSPORTATION COUNSELING™
Learn to gradually expand your non-auto transportation without aiming for perfection. In this 1-hour session, 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 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  atc-04

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
WELLNESS COACHING

Are you eager to make lasting change in an important area of your well-being? 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 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  c oDe
THU appts. TBD     $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  c oDe
WED appts. 9:00-11:00am TBD     $275 (STAP/EA: YES) well-04b

DISEASE PREVENTION & MANAGEMENT

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.

Facilitator: Nastasia Poso, CMA. Ms. Poso 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.

Facilitator: Melanie Buentipo works as a Patient Centered Care Medical Assistant in the Immunology and Rheumatology clinic. She is a certified trainer in Chronic Disease Self Management.

Day  Dates  Time  Location     Fee  c oDe
THU 1/25-3/01  5:00-7:30pm Hoover Pavilion, 211 Quarry Rd, 3rd Flr. Conf. RM $160 (STAP/EA: YES) bcbh-01

WINTER QUARTER HOLIDAYS – JANUARY 15th & FEBRUARY 19th

REGISTER ONLINE http://hip.stanford.edu
DISEASE PREVENTION & 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 at 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling start</td>
<td>Self-paced 16 weeks, with maintenance up to a year</td>
<td>$550 (STAPEA: YES)</td>
<td>omada-30</td>
</tr>
</tbody>
</table>

SLEEPIO – 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, sleep, 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling start</td>
<td>Self-paced</td>
<td>$300 (STAPEA: YES)</td>
<td>sleepio-30</td>
</tr>
</tbody>
</table>

SMOKING CESSION: 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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Sessions: Stanford University &amp; families</td>
<td>$0</td>
<td>sciq-01</td>
</tr>
<tr>
<td>12 Sessions: Community</td>
<td>$275 (STAPEA: NO)</td>
<td>sciq-01a</td>
</tr>
</tbody>
</table>
WEBINAR: IMPROVE YOUR CHOLESTEROL PROFILE WITHOUT DRUGS

Join this noon hour webinar with Dr. Yann Meunier as he reviews metabolism, the essential functions of cholesterol in the body, and the many health issues linked with excess cholesterol in the blood. He will discuss the French paradox and how simply decreasing your fat intake does not necessarily translate into lower cholesterol levels or reduced risk for related diseases and medical conditions. Dr. Meunier will outline a 6-prong strategy based on behavior change for improving cholesterol profile without using drugs.

Instructor: Yann A. Meunier, MD was formerly the Director of International Corporate Affairs and Business Development for Stanford Hospital and Clinics, and was the Director of the Stanford Health Promotion Network. He is currently a Senior Healthcare Consultant based in Foster City, CA.

**AWAKEN YOUR NATURAL VOICE**

As we age we can begin to experience a decline in our vocal quality. Our voices may be raspier, thinner and we may get out of breath more easily. Sometimes our voices deepen and we lose the ability to touch those sweet higher notes in speaking and singing.

In this 3-session class, you will learn a series of integrated breath/movement and vocal techniques that can help you rediscover your natural and free voice. This pleasurable and relaxed process will invite your whole body to release the natural vitality and resonance of your voice. You will discover new depth, range, and expressiveness to your vocal quality. The valuable techniques you learn in this course can be practiced just 10 minutes a day to help you continue to improve the health and quality of your voice. Awaken Your Natural Voice will give you the confidence and ease that you need for meaningful communication whether you are a business presenter, performer, parent, friend, or teacher.

Instructor: Deanna Anderson is a dancer, actor, and movement therapist. Her training includes Professional Certification in the Expressive Actor Method, which synthesizes acting, voice, and movement into a unified method for development.

**CREATIVITY AS YOUR PERSONAL WELL-BEING STRATEGY**

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

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

Thanks to significant research in disease prevention, we now know that creativity is also good for our health. Finding our creative flow in artistic or other soul-satisfying endeavors makes our immune system stronger, our cardiovascular system more efficient, and our cognitive function sharper and more clear.

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

*PLEASE NOTE class dates and times: 1/28/18, 1:30-5:00pm, 3/7 & 3/14, 12:00-1:15pm.

As a part of the class, each participant will receive a thumb drive containing an audio series of guided meditations, a 19-slide inspiration slide show, a video mini-documentary of the What Makes Your Heart Sing project, and 2 articles on creativity.

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

HEALING TOUCH LEVEL 2: ENERGETIC PATTERNING AND CLINICAL APPLICATIONS

Healing Touch is a complementary, energy-based approach to health 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.

In Level 2, “Energetic Patterning and Clinical Applications”, you will learn ‘back’ techniques, the assessment process including recording observations and documentation, and best practices for applying Healing Touch in clinical settings. Participants will be encouraged to share experiences of practicing Level 1 techniques for feedback and growth.

This Class is open to anyone who has successfully completed Healing Beyond Borders HTI’s Healing Touch Level 1 and provides 17.5 continuing Education Contact hours for nurses and massage therapists.

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/S</td>
<td>2/24-2/25</td>
<td>9:00am-6:00pm</td>
<td>Li Ka Shing Learning Center, RM 101/102</td>
<td>$350</td>
<td>ht2-01</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT</td>
<td>2/10</td>
<td>10:00am-5:00pm</td>
<td>Lathrop Bldg., RM 299</td>
<td>$225</td>
<td>egram-01</td>
</tr>
</tbody>
</table>

LIFE REFLECTION WORKSHOP FOR SELF DISCOVERY

This 4-session workshop offers a different approach to good health. By reflecting on your life and listening to others, you will have the opportunity to examine your life experiences, beliefs, and health commitments. Why? So you can reconnect and realign with your internal well of inspiration, gain useful insights, and design sustainable action plans. The goal? Enhanced health, vitality, and greater personal fulfillment!

The small group setting combining 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, resilience, setting limits, and the benefits of looking back and looking forward. We will emphasize values and surprising research-based health practices with positive ways to surmount barriers so you can lead a purposeful, joyful 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.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>WED</td>
<td>1/31-2/28</td>
<td>4:30-6:30pm</td>
<td>HRP-Redwood Bldg., RM 138B</td>
<td>$200</td>
<td>lw-01a</td>
</tr>
</tbody>
</table>
HEALTH ENRICHMENT

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 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.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>2/2-3/2</td>
<td>12:00-1:15pm</td>
<td>HRP-Redwood Bldg., RM T116</td>
<td>$200</td>
<td>pwtwb-01</td>
</tr>
</tbody>
</table>

PARTNER SHIATSU FOR NECK AND SHOULDER RELEASE

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

Instructor: Lisa Burnett, MA, MFA, has been teaching dance since 1977, practicing Shiatsu since 1988, and teaching Pilates since 1995.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th</td>
<td>3/1</td>
<td>6:30-7:45pm</td>
<td>Roble Gym (375 Santa Teresa Street), Studio 114</td>
<td>$65</td>
<td>shi-02</td>
</tr>
</tbody>
</table>

NEW | POSTPARTUM WELLNESS: THRIVING WITH YOUR NEW BABY

Co-sponsored with Stanford WorkLife Office

Learn to create a personal comprehensive postpartum wellness plan to optimize physical and emotional health while caring for your infant. The many physical, social, and emotional adjustments common in the first year of parenthood can leave you feeling overwhelmed and isolated from your previous life and relationships.

This class will provide a roadmap with practical strategies for getting more restorative rest, adding structure to your daily routine, and prioritizing self-care needs as well as the needs of your relationship. An exercise assessing 6 different types of social support will be introduced, and community resources helpful in building your confidence and social network as parents will be provided. This class will clarify the differences between typical postpartum adjustment, “baby blues,” and postpartum depression. Additionally, risk factors for postpartum depression and supportive actions to take if you are concerned for yourself or your partner will be discussed. All expectant and new parents are encouraged to attend. Babies 6 months and younger are also welcome if it helps facilitate parent attendance.

Instructor: Julie Graham, PsyD, is a licensed clinical psychologist specializing in perinatal mental health for over 12 years. She provides grief support for reproductive loss and cognitive-behavioral therapy perinatal mood disorders.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>2/28</td>
<td>12:00-1:15pm</td>
<td>Clark Center, RM S361</td>
<td>$40</td>
<td>pwtwb-01</td>
</tr>
</tbody>
</table>
**HEALTH ENRICHMENT**

### SPINEFULNESS BASICS — A LITTLE AWARENESS GOES A LONG WAY

Come learn why sitting happily aligned and relaxed is a solution for all types of tension, aches and pains. Sounds too good to be true? Come experience for yourself how to feel better. Learn small, but critical position shifts to apply to every day activities. Once you know this information you can use it everywhere: in your car, at work, at the movies. A little awareness goes a long way!

**Instructors:** Jean Couch, Founder and co-director of the Balance Center, is the author of *The Runner’s Yoga Book*. For over 25 years, Jean has been involved in empirical research studying populations of people who have no back or joint pain.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>THU</td>
<td>2/1</td>
<td>12:00-1:00pm</td>
<td>Center for Clinical Sciences Research, RM 4205</td>
<td>$40 (STAP/EA: YES)</td>
<td>spineb-01</td>
</tr>
</tbody>
</table>

### SPINEFULNESS PLUS: FOCUS ON NECK, SHOULDERS, ARMS, AND HANDS

Imagine your work day without a stiff neck and sore shoulders! This 5-session class will combine the 4-session Spinefulness class with an extra awesome class that pays special attention to your neck, shoulders, arms, and hands. This class will teach you keen body awareness and corrections that can bring relief from mechanically-based joint and back pain. You will learn small, but critical, position shifts that will enable a release of muscle tension in your neck and shoulders. Pain in your hands can often be relieved by correcting shoulder blade placement.

Whether you are suffering in your neck, feet, or joints, the Spineful approach will guide you to replace patterns of wear and tear with habits that restore joints. Sit with ease, drive in your car without pain, or stand happily in line at the grocery store. Tap into the healing potential of gravity in any moment of the day, anywhere you are.

**Instructors:** Jean Couch, Founder and co-director of the Balance Center, is the author of *The Runner’s Yoga Book*. For over 25 years, Jean has been involved in empirical research studying populations of people who have no back or joint pain.

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

<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 2/22-3/22</td>
<td>12:00-1:00pm</td>
<td>Center for Clinical Sciences Research, RM 4205</td>
<td>$225 (STAP/EA: YES)</td>
<td>spinens-01</td>
</tr>
</tbody>
</table>

### THIS ONE’S FOR YOU: REFRESH, RESTORE, AND RENEW!

During this 3-session course, with the same group of people each time and in a confidential setting that will provide opportunities to think and 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 vitality and effectiveness, and even find some calm by increasing your understanding of body-mind links and considering your relationships. Please note: classes are held every other week – February 7, 21, and March 7.

**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*.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>WED</td>
<td>2/7-3/7</td>
<td>4:00-6:00pm</td>
<td>Alway Bldg, RM M112</td>
<td>$240 (STAP/EA: YES)</td>
<td>renew-01</td>
</tr>
</tbody>
</table>
**TIME MANAGEMENT FOR LESS STRESS AND MORE JOY**

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

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

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

**Two dates to choose from:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>1/22-1/29</td>
<td>12:00-1:00pm</td>
<td>Education Bldg. (Cubberly), RM 313</td>
<td>$60 (TAX/EA: YES)</td>
<td>tmmj-01</td>
</tr>
<tr>
<td>MON</td>
<td>2/5-2/12</td>
<td>12:00-1:00pm</td>
<td>SLAC Bldg. 40, Sycamore RM 195</td>
<td>$60 (TAX/EA: YES)</td>
<td>tmmj-02</td>
</tr>
</tbody>
</table>

---

**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 | TRANSFORM 40: FITNESS PROGRAMMING FOR FAT LOSS**

Losing body fat after age 40 requires a new approach to exercise programming. Age-related reduction of muscle mass, strength, and function begins in our 30s and can lead to lower metabolism and increased risk for injury. Add to this the time-consuming challenges of work, family, commutes, life, and we often find ourselves entering our 40s less active and having accumulated unwanted body fat.

In this noon-hour workshop, we will discuss and make evidence-based recommendations for losing body fat.

You will learn:

- how resistance training boosts metabolism and sheds fat
- the exercise repetition range and intensities for fat loss
- what exercises produce the most gains with low risk for injury
- what and when to eat for a resistance training-based fat loss program

Participants will leave the class with clear, individualized actions geared toward fat loss.

Instructor: Marlon John, Lead BeWell Coach, MPH, Nutrition expected June 2018, NSCA-CPT. Marlon is the Physical Activity Coordinator for the 10X for Wellness program at the Graduate School of Business.

**Day Dates Time Location Fee Code**

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>THU</td>
<td>2/1</td>
<td>12:00-1:00pm</td>
<td>3160 Porter Drive, Pacific Ocean RM</td>
<td>$30 (TAX/EA: YES)</td>
<td>t4040-02</td>
</tr>
<tr>
<td>CANCELED TUE</td>
<td>2/6</td>
<td>12:15-1:15pm</td>
<td>Alumni Bldg., RM M112</td>
<td>$30 (TAX/EA: YES)</td>
<td>t4040-01</td>
</tr>
</tbody>
</table>
NEW | FOOD TRENDS: WHERE ARE WE NOW? THE EVIDENCE BEHIND POPULAR FOODS AND DIETS

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

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

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

Instructor: Gretchen George, PhD, RD is an Assistant Professor in Nutrition at San Francisco State University. Prior to her faculty position, she worked at Stanford Prevention Research Center as a Research Dietitian on multiple weight loss studies.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>1/30-2/13</td>
<td>12:00-1:15pm</td>
<td>Li Ka Shing Learning Center, RM 308</td>
<td>$100</td>
<td>ftnut-01</td>
</tr>
</tbody>
</table>

NEW | HOW, WHEN, AND WHAT TO EAT TO IMPROVE BODY COMPOSITION

In this 1-hour interactive class you will learn new nutritional strategies to boost metabolism and behavioral strategies to empower you to resist temptation and reduce cravings. Topics include:

- how to eat for a better body composition: Changing some of our attitudes toward our eating behaviors can help with achieving our goals
- when to eat for a better body composition: Meal timing should be in sync with our circadian rhythm
- what to eat for a better body composition: Having adequate amounts of protein and fat can reduce food cravings and help with achieving a better body composition

Instructor: Maryam S. Hamidi, PhD is a research professional at the Stanford Medicine WellMD Center and has particular nutrition expertise in enhancing cognitive performance and alertness.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRI</td>
<td>1/26</td>
<td>12:00-1:15pm</td>
<td>Clark Auditorium</td>
<td>$35</td>
<td>esibc-01</td>
</tr>
</tbody>
</table>

NEW | HEALTHY BODY, HEALTHY MIND

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 in the New Year. 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.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>2/20</td>
<td>12:00-1:15pm</td>
<td>Li Ka Shing Learning Center, Rm 209</td>
<td>$35</td>
<td>hbhm-01</td>
</tr>
</tbody>
</table>
LOSING WEIGHT TOGETHER: WORKING w/ YOUR PARTNER TO MAKE SUSTAINABLE LIFESTYLE CHANGES

We all know that lifestyle changes are more likely to be sustained when you have the support of your partner. This 5-part class is designed for couples (spouses or partners) who want to assist one another in making healthy changes in the areas of: healthy eating, physical activity, and stress management. We will discuss the process of sustainable lifestyle change, with an emphasis on goal-setting, monitoring one’s progress, and building an effective support network. In addition, we will review the basics around what goes into a healthy diet, what components should be included in your exercise routine, and the importance of effective stress management. Each of the 5 sessions will include an opportunity for couples to set goals together that they will work on in the upcoming week.

Please note: childcare is not available, and thus regrettably we cannot allow parents to bring their children to class.

Instructor: Debbie Balfanz, PhD, Coordinator of Stanford HIP's Behavior Change/Weight Management Program.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>WED</td>
<td>2/21-3/21</td>
<td>5:30-7:00pm</td>
<td>401 Quarry Road, RM 1211</td>
<td>$200</td>
<td>lw-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 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.

Instructor: Debbie Balfanz, PhD, Coordinator of Stanford HIP's Behavior Change/Weight Management Program.

<table>
<thead>
<tr>
<th>DAY</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling start</td>
<td>Online</td>
<td>$225 (TAP/EA: YES)</td>
<td>kurbo-30</td>
</tr>
</tbody>
</table>
## 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 reenergize 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.

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>By appointment</td>
<td>TBD</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04c</td>
</tr>
</tbody>
</table>

Coach: **Christina Becker**, MPH, RDN, CHCW, 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>W/F appts.</td>
<td>phone/video chat</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04a</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>By appointment</td>
<td>phone</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04e</td>
</tr>
</tbody>
</table>

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, 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. Shauna schedules appointments on Mondays, Tuesdays, and Thursdays between 9:30am – 3:00pm.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/T/TH</td>
<td>9:30-3:00pm</td>
<td>TBD</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04d</td>
</tr>
</tbody>
</table>
**NEW | WEIGHT MANAGEMENT – THE JOURNEY CONTINUES**

You're on your way – you've taken the Weight Management class and have implemented the principles – but you could use a few more ideas along with some group support to ensure your continued success. This class will serve as a resource for students who experience inevitable challenges but remain committed, and who will thrive with continued resources and guidance from an experienced instructor/mentor and peers. 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 through the HIP weight management class, and she is excited to share both her personal experience and professional coaching background to help others achieve their goals.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>1/22-3/5</td>
<td>5:30-7:00pm</td>
<td>Medical School Office Bldg., RM 344</td>
<td>$250 (Stap/En: Yes)</td>
<td>wmbf-02</td>
</tr>
</tbody>
</table>

**WHY DID I EAT THAT - AGAIN?**

You have probably asked yourself that question even if you know better and even if you are not overweight. Do you feel like there is a spell that comes over you in the presence of certain foods? Do you wonder why it is so easy to overindulge and hard to resist certain foods? This class will discuss how the brain processes stimuli in the presence of food cues, and how it drives behavior in the “cue-urge-reward” habit cycle. Learn how the food industry works to stimulate our appetite by manipulating fat, sugar, and salt in our foods. Participants will gain useful tools and skills needed to craft a personal plan based on proven techniques that will allow them to replace chaotic eating with more mindful and satisfying choices.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>WED</td>
<td>1/31</td>
<td>12:00-1:00pm</td>
<td>Clark Center, RM 361</td>
<td>$30 (Stap/En: Yes)</td>
<td>eta-01</td>
</tr>
</tbody>
</table>

**STRESS MANAGEMENT**

**BREATHING FOR LONGEVITY, LOVE, AND LIVELIHOOD**

Relax, unwind, and thrive! In this 4-week class you will learn breathing techniques to increase energy, enhance concentration, cultivate connection to yourself and others, create relaxation, and deepen sleep. Through group practice and individual instruction, discover the benefits of a variety of breathing practices. In-class exercises will illuminate how best to incorporate each breathing skill into your daily life. The CD “Breathing for Longevity, Love, and Livelihood” is the spoken word text for this class and is included in the class fee.

Instructor: Tia Rich, PhD, HIP Resilience Programs Manager and Contemplation By Design Director. Dr. Rich has been integrating breath-based self-care, mindfulness, compassion, and meditation into stress management programs for Stanford University and Medical Center since 1984.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>WED</td>
<td>2/21-3/14</td>
<td>12:00-1:00pm</td>
<td>Main Campus, TBD</td>
<td>$125 (Stap/En: Yes)</td>
<td>bill-01</td>
</tr>
</tbody>
</table>
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. And meditation generally has evidence for improving sleep, anxiety, working memory, pain management, and many other outcomes.

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 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 HIP with instructions for how to access your program

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling Start</td>
<td>Online</td>
<td>$35 (STAP/EA: YES)</td>
<td>headspace-30</td>
</tr>
</tbody>
</table>

INNER BALANCE WITH HEARTMATH: TOOLS AND TECHNOLOGY TO REDUCE STRESS AND ADD HEART TO YOUR LIFE

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

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

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

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>THU</td>
<td>3/15</td>
<td>1:30-5:00pm</td>
<td>Li Ka Shing Learning Center, RM 306</td>
<td>$250 (STAP/EA: YES)</td>
<td>heart-01</td>
</tr>
</tbody>
</table>

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, 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, how emotions and behaviors are interrelated, relaxation training, behavior change, mindfulness, and habit formation. Participants complete the program on an app on their phone and tend to access their program 2+ times per week for approximately 10-15 minutes to track, learn, and practice techniques. Participants typically complete the program in 2-4 months.

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

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

<table>
<thead>
<tr>
<th>DATES</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/16-3/16</td>
<td>Online</td>
<td>$350 (STAP/EA: YES)</td>
<td>lant-30</td>
</tr>
</tbody>
</table>
STRESS MANAGEMENT

NEW | LIGHTEN UP 2.0: HOW TO BE LESS STRESSED ABOUT STRESS

If we want to live interesting lives and do meaningful work in the world, stress is often part of the deal. Yet we have been conditioned to believe that all stress is bad for our health. While chronic stress is linked to headaches, trouble sleeping, back pain, and a weakened immune system, recent research suggests that how we think about our stress may impact our health even more than stress itself. The difference between viewing stress as debilitating vs. enhancing is strongly linked to our physical, mental, and emotional well-being.

In this 4-week interactive class, we will take an honest look at our stressors and the stories we tell ourselves about them. We'll address the fear and anxiety that often accompany stress, and dig deeper into the core values that may feel threatened by what we're going through. We'll explore self-compassion as an active component to shifting our mindsets and moving through stressful situations in a skillful way. By learning these and other mindfulness-based techniques we can develop a calm, practical, and supportive relationship with our more intense seasons of life.

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

Day Dates Time Location Fee Code
TUE 2/06-2/27 3:30-5:00pm Li Ka Shing Learning Center, RM 208 & 308 $180 (stag/ea: yes) tuext-01

MINDFULNESS WALKING MEDITATION IN NATURE

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

Learn firsthand what the new science of “awe” and the work of Dacher Keltner’s lab at UC Berkeley is confirming: that opening yourself to beauty and wonder can lead to a greater sense of overall wellbeing 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 2/10 10:00am-12:00pm Monte Bello Open Space (parking on Page Mill Rd) $40 (stag/ea: yes) mwm-01b

Day Dates Time Location Fee Code
SAT 2/24 10:00am-12:00pm Windy Hill Open Space Preserve $40 (stag/ea: yes) mwm-01a

Day Dates Time Location Fee Code
SAT 3/10 10:00am-12:00pm Russian Ridge Open Space Preserve $40 (stag/ea: yes) mwm-01c
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.

**Two classes to choose from:**

**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. Retreat on Saturday, February 17 from 9am-5pm in Li Ka Shing, Room 101/102.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>1/9-2/27</td>
<td>7:00-9:30pm</td>
<td>Li Ka Shing Learning Center, RM 130</td>
<td>$330 (Stap/EA: Yes)</td>
<td>msm-02</td>
</tr>
</tbody>
</table>

**Instructor:** Patty McLucas, founder of Mindful Wellness, delivers programs in Stress Reduction, Mindful Eating, Sound Sleep and Mindful Leadership Communication. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program and teaches mindfulness, meditation and stress reduction for organizations including Apple and Google. Retreat on Sunday, March 4 in Li Ka Shing Learning Ctr., Rm 208.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>THU</td>
<td>2/1-3/22</td>
<td>5:30-8:00pm</td>
<td>Lathrop Bldg., Rm 282</td>
<td>$330 (Stap/EA: Yes)</td>
<td>msm-01</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>T/W appts.</td>
<td>TBD</td>
<td>$275 (Stap/EA: Yes)</td>
<td>psrp-04b</td>
</tr>
</tbody>
</table>

**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 nearly 15 years.

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

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W appts.</td>
<td>TBD</td>
<td>$275 (Stap/EA: Yes)</td>
<td>psrp-04</td>
</tr>
</tbody>
</table>
SOUND IMMERSION EXPERIENCE - GONGS AND SINGING BOWLS

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

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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>THU</td>
<td>2/8</td>
<td>5:30-7:00pm</td>
<td>Stanford Graduate Community Center, Havanna RM</td>
<td>$30 (SAP/EA: NO)</td>
<td>scir-01b</td>
</tr>
<tr>
<td>THU</td>
<td>3/8</td>
<td>5:30-7:00pm</td>
<td>Stanford Graduate Community Center, Havanna RM</td>
<td>$30 (SAP/EA: NO)</td>
<td>scir-01a</td>
</tr>
</tbody>
</table>

WISDOM THERAPY - ALL WE NEED IS LOVE, AND WISDOM

Relationships are beautiful, wonderful, and challenging! Developing the skills to love well and be happy can help us to enhance relationships and well-being and avoid suffering. In this 1-day workshop, you will identify and practice the 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT</td>
<td>1/20</td>
<td>9:00am-5:00pm</td>
<td>Li Ka Shing Learning Center, RM 308</td>
<td>$225 (SAP/EA: YES)</td>
<td>wtr-01</td>
</tr>
</tbody>
</table>

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. Certificate of completion cards will be sent out 3-4 weeks after the class.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>THU</td>
<td>2/15</td>
<td>1:00-5:00pm</td>
<td>Li Ka Shing Learning Center, RM 306</td>
<td>$125 (SAP/EA: YES)</td>
<td>cpr-01</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>WED</td>
<td>2/21</td>
<td>1:00-5:00pm</td>
<td>Arrillaga Outdoor Education &amp; Recreation Center, RM 306</td>
<td>$120 (SAP/EA: YES)</td>
<td>first-01</td>
</tr>
</tbody>
</table>
MARTIAL ARTS FOR THE MIND: STRESS AND RESILIENCY SKILLS FOR THE WORKPLACE

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training provides both physical and cognitive techniques to transcend the negative impacts of stress, and to increase our capacity to bounce back from adversity. Navy Seals use these techniques to calm intense fear before combat, athletes and actors use them to enhance performance under pressure. Learn how to stop the stress response before it arises, and to find effective ways to release it, once present. By practicing the techniques learned in this workshop, you may find you can:

- understand and communicate more sensitively with others, without denying or sacrificing your own feelings
- manage challenging work situations with greater calm and clarity of mind
- release stress with clinically-proven relaxation and meditation techniques that can be done in just a few moments
- achieve relief from chronic pain, insomnia, and high blood pressure
- increase mental focus amidst 24/7 hyper-connectivity and distractions

Instructors: David and Karen Gamow. David and Karen have provided this training to over 30,000 people in a wide range of settings from high-tech to government. Their clients include NASA, Citrix, Nokia, Hyatt, GE, U.S. Navy and many Stanford departments over the past 20 years.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRI</td>
<td>1/26</td>
<td>8:30-11:30am</td>
<td>Clark Center, RM S361</td>
<td>$100 (STAFF/EA YES)</td>
<td>mam-01</td>
</tr>
</tbody>
</table>

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.

*PLEASE NOTE class dates and times: 1/28/18, 1:30-5:00pm, 3/7 & 3/14, 12:00 - 1:15pm.

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.

<table>
<thead>
<tr>
<th>DAY/DATE</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>By appt.</td>
<td>Your workstation</td>
<td>$110 (STAFF/EA YES)</td>
<td>sccs-02</td>
</tr>
</tbody>
</table>