HEALTHY LIVING

WINTER QUARTER
JANUARY 16 - MARCH 16
REGISTRATION BEGINS JANUARY 10
HIP.STANFORD.EDU

35
CELEBRATING YEARS

Stanford Medicine | Health Improvement Program (HIP)
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ENVIRONMENTAL HEALTH & BEHAVIOR CHANGE

ACTIVE TRANSPORTATION COUNSELING™
Learn to gradually expand your non-auto-transportation without aiming for perfection. In this 1-hour session, in-person or 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, Manager of Stanford HIP's Environmental Behavior Change Program.

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

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WELLNESS COACHING
Are you eager to make lasting change in an important area of your wellbeing? Tried 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 four subsequent 15-30 minute telephone conversations.

What Wellness Coaching is 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.

Read our Coaches' biographies carefully before registering, as each of them brings a unique set of specializations and experience, and differ in their availability.

Coach Debbie Ballance received her PhD in Social Psychology from Princeton and came to HIP in 2002. As both of HIP's group weight management programs, and as a working mom, she understands the need to fit physical activity and healthy eating while living a busy life. She enjoys helping others identify and manage their barriers to a healthy lifestyle.

Coach Julie Anderson, MPH, has been with HIP since 1991 and is currently the Manager of the WellWellness Profile Program. Julie has a BS in health fitness, a Masters degree in public health, and holds a Wellness Coaching certification through WellCoach24/7. 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.

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DISEASE PREVENTION & MANAGEMENT

OMADA – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease
Welcome to Omada registration through the Health Improvement Program. Complete registration and payment (credit card or STAP funds) here. Once you have registered, you will be contacted by Omada for next steps.
Instructor: TBD

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, 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.
Day/Dates/Time: Rolling start Time: Self-paced 16 weeks, with maintenance up to a year. TBD
Location: Online
Fee: $80
Code: beth-01

SMOKING CESSATION: INTENTIONAL QUITTING - FOR UNIVERSITY EMPLOYEES & DEPENDENTS
Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from tobacco.
This program begins with an initial 20-minute intake phone call, followed by one 40-minute in-person consultation at 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.

SMOKING CESSATION: INTENTIONAL QUITTING - FOR UNIVERSITY EMPLOYEES & DEPENDENTS
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 their 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 40-minute in-person consultation at 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.

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 with seven of the fifteen 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 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 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 which cover common problem areas, like pregnancy and sleep, shift work, and jet lag.

Day/Dates/Time: TBD
Location: Online
Fee: $300
Code: sleepio-30

SMOKING CESSATION: INTENTIONAL QUITTING - FOR UNIVERSITY EMPLOYEES & DEPENDENTS
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 their dependents (14 years and older). Free over-the-counter aids for tobacco cessation are included.
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Instructor: Jayna Rogers, MPH, HIP smoking cessation specialist. Jayna Rogers has facilitated smoking cessation programs and provided individual consultation for over 15 years.

Day/Dates/Time: TBD
Location: Stanford campus
Fee: $275
Code: sleepio-30
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 observed before. 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, 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.

In this 3-session class, you will learn a series of integrated breath/movement and vocal techniques that can help you rediscover your natural voice and expressiveness. 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.

Day Dates Time Location Fee Code
TUE 1/23-1/23 12:00-1:00pm Online $35 iycp-30

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 expression of ourselves we can possibly be.

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), through music, art, dance, creative writing and other forms of creative expression, you will be immersed in exploring your own creativity. 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 the 3 class dates, times & locations
February 28, 15.00-5.00pm in Li Ka Shing Learning Ctr., rm 203/204.
Classes on the following Wednesdays, 3/7 & 3/14 will be held from 12.00 - 115pm in Li Ka Shing Learning Ctr., rm 203/204.

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, art, and artist. He is co-author of From Chaos to Coherence: The Power to Change Performance.

Day Dates Time Location Fee Code
WED 2/28-3/14 13:00-3:00pm Li Ka Shing Learning Center, rm 203/204 $225 cpe-01

AWaken Your Natural Voice
As we age we can begin to experience a decline in our vocal quality. Our voices may be raspy, 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: 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.

Meunier will outline a 6-prong strategy based on behavior change for improving cholesterol profile without using drugs.

Fat intake does not necessarily translate into lower cholesterol levels or reduced risk for related diseases and medical conditions. Dr. Meunier 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 review 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.

WEBINAR: IMPROVE YOUR CHOLESTEROL PROFILE WITHOUT DRUGS
Join this noon hour webinar with Dr. Yann Meunier as he reviews metabolism and 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.

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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 of 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.

Day Dates Time Location Fee Code
5/24/17 9:00-6:00pm Li Ka Shing Learning Center, RM 10102 $350 1H2-01

KNOWING OURSELVES: EXPLORING THE ENNEAGRAM

We are complex individuals, yet, 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 for 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

Day Dates Time Location Fee Code
8/21/17 10:00-5:00pm Lathrop Bldg, RM 219 $225 enagram-01

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, they are also healthier and happier. In this 8-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 one’s values by doing 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/interests through reflection, worksheets, and guided conversation
- 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. 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.

Day Dates Time Location Fee Code
6/13/18 4:30-6:30pm HIP-Redwood Building, RM 088 $200 lifew-01

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. The receiver and the practitioner will both benefit from the focusing of energy and intention. Bring your partner for their benefit.

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

Day Dates Time Location Fee Code
9/13/18 10:30-11:15pm HIP-Redwood Building, RMT116 $200 lpw-01

http://hip.stanford.edu

REGISTER ONLINE 650.723.9649

Health Improvement Program

Health Improvement Program 650.723.9649

Health Improvement Program 650.723.9649
HEALTH ENRICHMENT

SPINEFULNESS: FOCUS ON NECK, SHOULDERS, ARMS AND HANDS

Imagine your work day without a stiff neck and sore shoulders! This 6-session class will combine the 4-session Spinefulness class with two extra awesome classes that pay special attention to your neck and shoulders. Pain in your hands can often be relieved by correcting shoulder blade placement, with a few shifts in the way you sit, combined with releasing muscles in your neck and shoulders. You can feel a lot better and find the position to heal yourself. This class will teach you keen body awareness and corrections that can allow relief from mechanically-based joint and back pain. You will learn small, but critical, position shifts to apply to every day activities. 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 in your workspace, 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 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, BS, started as a student at the Balance Center. Spinefulness freed her of the chronic shoulder, neck, knee, bunion and back pain. Now, as Director of the Balance Center, she champions Spinefulness as a practical non-invasive way to resolve muscular skeletal pains and as a way to increase overall wellness.

HEALTH ENRICHMENT

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 with seven of the fifteen 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 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 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 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 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 that will tame your specific problems and progress.

SLEEPIO BLOG - DIGITAL SLEEP IMPROVEMENT PROGRAM

Learn more about how to sleep better, with expert tips and insights.

TIME MANAGEMENT FOR LESS STRESS & MORE JOY

Whether it’s trying to get to the gym, preparing and eating more vegetables, or doing the important things that add value to your life, too often, our good intentions get thwarted by time. Stress builds – it seems exponentially – the shorter we feel on time. In this 2-week class, we will come together to share the challenges we face in connection with stress and time. You will learn about recent research on time management, and develop tools to help you create your own “time diary”. You will find a new way to think about your time, and find the things that matter most to you.

Instructor: Laura Becker Lewks, LHR, MBA, is a lawyer, businesswoman, mother of four children, and long-term caregiver for her mother who experienced a life-changing stroke. Laura is now a Bereavement coach at Stanford, and development professional with Hope Unlimited for Children. She is an experienced facilitator of small groups of many types – and a great believer in learning interactively and collaboratively.
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 30's and can lead to lowered metabolism and increased risk for injury. Add to this the time-consuming challenges of work, family, commute...life, and we often find ourselves entering our 40's less active and having accumulated unwanted body fat. In this hour-long 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 HIP for Wellness program at the Graduate School of Business.

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

HOW, WHEN AND WHAT TO EAT TO IMPROVE BODY COMPOSITION

In this 3-hour interactive class you will learn new nutrition 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. Homati, PhD is a research professional at the Stanford Medicine WeilMD Center and has particular nutrition expertise in enhancing cognitive performance and alertness.

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.

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.

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

PERSONALIZED NUTRITION COACHING - CHRISTINA BECKER, MPH, RDN

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 diverse 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 one hour followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

Coaches: Christina Becker, MPH, RDN, CHCW, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 15 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, corporate wellness, and has also served as a BeWell Coach. Christina is a graduate of the Integrative Health & Lifestyle program (HiDip) at the Arizona Center for Integrative Medicine, and a certified Hatha yoga instructor.

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 diverse 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 one hour followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

Coaches: Christina Becker, MPH, RDN, CHCW, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 15 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, corporate wellness, and has also served as a BeWell Coach. Christina is a graduate of the Integrative Health & Lifestyle program (HiDip) at the Arizona Center for Integrative Medicine, and 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 did”.

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.

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

Health Improvement Program 650.723.9649

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

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PERSONALIZED NUTRITION COACHING - JOANNE AMBRAS
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 bio to select a coach that suits your personal interests and needs. Please note: The first session is one hour followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.
Instructor: 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.

PERSONALIZED NUTRITION COACHING - SHAUNA HYDE
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 bio to select a coach that suits your personal interests and needs. Please note: The first session is one hour followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.
Instructor: Shauna Hyde 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.

PERSONALIZED NUTRITION COACHING - NICOLE COOPER
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 bio to select a coach that suits your personal interests and needs. Please note: The first session is one hour followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.
Instructor: 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.

NUTRITION / WEIGHT MANAGEMENT
Instructor: 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.

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.

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 illustrate how best to incorporate each breathing skill into your daily life. The CD “Breathing for Longevity, Love and Liveliness” 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.
STRESS MANAGEMENT

FINDING INNER BALANCE W/ HEARTMATH TOOLS & TECHNOLOGY TO REDUCE STRESS & 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 help you 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 4S or later, iPad Air/Mini/4th gen or later, or iPod touch 5th Generation or later.

Instructor: Bruce Cryer, Founder, Renaissance Human, and Senior Advisor and former CEO HeartMath (11 years). Bruce has taught programs at Stanford since 1997, including 8 years for HIP and 15 years for the Stanford Executive Program.

Day Dates    Time    Location    Fee    Code
TH 3/12-3/15  130-3:00pm  Li Ka Shing Learning Center, RM 306  $250 hear-01

LANTERN - ONLINE PROGRAM FOR REDUCING STRESS, ANXIETY OR DEPRESSION

Lantern is a go-at-your-pace mobile program designed by Stanford researchers and 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, emotions and behaviors are intertwined, traditions, training, behavior change, mindfulness and habit formation. Participants do the program on an app on their phone and tend to access their program 2-3 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 the Lantern class at hip.stanford.edu
Step 2: Receive email from LAP 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

Headspace is your very own personal guide; here to help you train your brain. Meditation is a way to give your mind the time to pause, detach and re-engage 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 pressures, reduce stress, and reduce mind-wandering. Headspace has also been shown to improve compassion, happiness, and mood. 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 relationships to creativity and last anywhere from 2 to 66 minutes. We recommend completing the Basics series before you jump into other topics though. It’ll give you a solid base on which to build your practice.

Day Dates    Time    Location    Fee    Code
1/16-3/16      Online    $35    headspace-30

MINDFULNESS WALKING MEDITATION IN NATURE - RUSSIAN RIDGE OPEN SPACE PRESERVE

Listen to the birds, the creek and the breeze. Enjoy experiencing the interconnectedness of nature and yourself. Delight in being conscious of every step you take, feeling the earth beneath your feet. Join us for an expertly 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 positively) 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. Meet at the Russian Ridge Open Space Preserve parking lot off Oak Hill Road in Palo Alto (about 1 mile east of Skyline Blvd). Mike 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.

Day Dates    Time    Location    Fee    Code
Sat 3/10-3/10  10:00-12:00pm  Russian Ridge Open Space Preserve (parking on Valley Rd)  $40  mwm-01c

MINDFULNESS WALKING MEDITATION IN NATURE - MONTE BELLO OPEN SPACE PRESERVE

Listen to the birds, the creek and the breeze. Enjoy experiencing the interconnectedness of nature and yourself. Delight in being conscious of every step you take, feeling the earth beneath your feet. Join us for an expertly 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 positively) 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. Meet at the Montebello Open Space Preserve parking lot off Page Mill Road in Palo Alto (about 1 mile east of Skyline Blvd). Mike 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.

Day Dates    Time    Location    Fee    Code
Sat 3/10-3/10  10:00-12:00pm  Montebello Open Space (parking on Page Mill Rd)  $40  mwm-01c

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 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 the 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 then dig deeper into the core values that may feel threatened by what we’re going through. We’ll explore self-compasion 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 Topia, 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 2/26-3/27  3:30-5:00pm  Li Ka Shing Learning Center, RM 208 & 308  $30  kent-01

STRESS MANAGEMENT

LANTERN - ONLINE PROGRAM FOR REDUCING STRESS, ANXIETY OR DEPRESSION

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Two step registration process

Step 1: Register for Lantern class at hip.stanford.edu
Step 2: Receive email from LAP 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.

Day Dates    Time    Location    Fee    Code
1/16-3/16      Online    $35    headspace-30

LIGHTEN UP 2.0: HOW TO BE LESS STRESSED ABOUT STRESS

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Day Dates    Time    Location    Fee    Code
TUE 2/26-3/27  3:30-5:00pm  Li Ka Shing Learning Center, RM 208 & 308  $30  kent-01

16  17

Health Improvement Program  650 723 9649

REGISTER ONLINE  http://hip.stanford.edu
STRESS MANAGEMENT

MINDFULNESS WALKING MEDITATION IN NATURE - WINDY HILL OPEN SPACE PRESERVE
Listen to the birds, the creek and the breeze. Enjoy experiencing the interconnectedness of 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 first-hand 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 rumination mind, and promotes creativity), emotional (promotes positive) 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. Meet at the Windy Hill Open Space parking lot for the Portola Road Trail, off Portola Road between Willow Brook Drive and Westridge Drive in Portola Valley. Hike will begin promptly at 9am.

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 insights into the world around us.

DAY | DATE | TIME | LOCATION | FEE | CODE
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TUE | 2/13-2/27 | 5:30-6:30pm | Li Ka Shing Learning Ctr., RM 102 | $330 | mnrm-02

MINDFULNESS-BASED STRESS REDUCTION (MBSR)
It has been known for centuries in the meditative traditions, and now widely accepted in western culture, that the sustained practice of mindfulness meditation can have profoundly healing and transformative effects on one’s life. This 8-week class is modeled on the program taught at the U Mass Stress Reduction Clinic and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life, and how life can be lived more fully. Included in the class fee is the text: Full Catastrophe Living, by Jon Kabat-Zinn.

Instructor: Patty McLucas, Founder of Mindful Wellness, delivers programs in Stress Reduction, Mindful Eating, Sound Sleep and Mindful Leadership Communication to senior executives and employees. 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 Stanford’s Health Improvement Program. She has taught mindfulness, meditation and stress reduction for organizations including Apple and Google.

Appointments: Tuesdays 2-3pm & Wednesdays 11-12pm.

Day | Dates | Time | Location | FEE | Code
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TUE | 1/16-3/16 | TBD | Li Ka Shing Learning Ctr., Rm 208 | $275 | psrp-04b

SARAH MEYER-TAPIA, MA
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 days of registration for scheduling.

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: Monday - 4:00 - 6:00 PM, Main Campus; Wednesday - 1:00 - 3:00 PM, Main Campus.

Day | Dates | Time | Location | FEE | Code
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TUE | 1/16-3/16 | 10-12pm | Windy Hill Open Space Preserve | $40 | mmr-01a

PERSONALIZED STRESS REDUCTION - SARAH MEYER-TAPIA, MA
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 days of registration for scheduling.

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: Monday - 4:00 - 6:00 PM, Main Campus; Wednesday - 1:00 - 3:00 PM, Main Campus.
STRESS MANAGEMENT

Experience the sound vibrations of singing bowls, gongs and chimes as they guide you into a deep meditation. Through the vibrations of these instruments we may experience an inner calm and deep relaxation that enables us to journey within and center. The neurological 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/sleepwear 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 of yoga studies, healing centers and events throughout the U.S. For more information, visit DannyGoldberg.org

WELLMD COMPASSION CULTIVATION TRAINING

Mindfulness-based stress reduction is a standardized class that for over 35 years has taught non-religious tenets of Buddhism for use in daily life - moment to moment non-judgmental awareness. It is taught throughout the US and worldwide in a variety of settings including hospitals, schools, corporations and professional sports. Our particular class has been customized to apply mindfulness principles to personal and professional challenges faced by medical providers. This class is open to physicians, fellows, residents and medical PhDs.

Time commitment: 2 evening hours once a week for eight weeks, 6:00 - 8:00 PM.

Course Leader: Mark Abramson, DDS is a faculty member of the Stanford Integrative Medicine Center. He has led the Stanford Mindfulness-Based Stress Reduction program for 20 years, teaching medical and community groups through the School of Medicine and Health Improvement Program.

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

NOTE: Retreat on Saturday, February 17 from 9a-5p in Li Ka Shing, Room 101/102.

Time commitment: 2 evening hours once a week for eight weeks, 6:00 - 8:00 PM.

Well MD MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Mindfulness-based stress reduction is a standardized class that for over 35 years has taught non-religious tenets of Buddhism for use in daily life - moment to moment non-judgmental awareness. It is taught throughout the US and worldwide in a variety of settings including hospitals, schools, corporations and professional sports. Our particular class has been customized to apply mindfulness principles to personal and professional challenges faced by medical providers. This class is open to physicians, fellows, residents and medical PhDs.

Time commitment: 2 evening hours once a week for eight weeks, 6:00 - 8:00 PM.

Course Leader: Mark Abramson, DDS is a faculty member of the Stanford Integrative Medicine Center. He has led the Stanford Mindfulness-Based Stress Reduction program for 20 years, teaching medical and community groups through the School of Medicine and Health Improvement Program.

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

NOTE: Retreat on Saturday, February 17 from 9a-5p in Li Ka Shing, Room 101/102.

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 minutes
- Achieve relief from chronic pain, insomnia, and high blood pressure
- Increase mental focus amidst 24/7 hyper-connectivity and distractions

Instructors: David Gowan & Karen Gowan. 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, many Stanford departments over the past 20 years, and the U.S. Navy.

WELLNESS AT WORK

WISDOM THERAPY - ALL WE NEED IS LOVE, AND WISDOM

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships and well being and avoid suffering. In this 1-day course we 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 talks, riddles, 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.

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.

MARTIAL ARTS FOR THE MIND: STRESS AND RESILIENCY SKILLS FOR THE WORKPLACE

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WELLNESS AT WORK
SITTING COMFORTABLY AT YOUR COMPUTER STATION - 3 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 MFA, GC FP, is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics, EH&S. “Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension,” an HIP fitness class, fel-01.

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SITTING COMFORTABLY AT YOUR COMPUTER STATION - INDIVIDUAL SESSION

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.

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HIP

Where are HIP classes offered WINTER 2018?
At these convenient locations on and off campus!

Locations of HIP classes

Wellness On Wheels at Stanford
Wellness On Wheels brings Fitness and/or Healthy Living classes to your SU or SHC department! To learn more, contact Sharon Pollio, spollio@stanford.edu.

LOCATION INDEX:
1. Health, Research & Policy (HRP) Bldg
2. MSOB HIP Office, Courtyard
3. Li Ka Shing Learning Ctr.
4. Cobb Track
5. SLAC Arrillaga Rec Ctr, Bldg. 55
6. Shriram Center
7. Dohrmann Grove
8. Arrillaga Center Sports & Rec (ACSR) Court, Studio, Bikes & Fitness Ctr.
9. Avery Aquatic Ctr., Baker Pool
10. Roble Gym
11. 3145, 3160 & 3172 Porter Dr.
12. 1651 Page Mill Rd.
14. 500 Broadway, Redwood City
15. Ford Athletic Center & Burnham Pavilion
16. SoM Sports Complex
17. Littlefield Building
18. GSB, Class of 1968 Bldg.

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MC: 5537

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Stanford Searchable Map.
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