

# HEALTHY LIVING



# 2017

**SPRING QUARTER**

April 3 – June 9

**REGISTRATION BEGINS  
MARCH 21**

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



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**KEY:**  
BeWell Berries


Emergency Preparedness




Environmental Health




Health Enrichment




Nutrition Class



Physical Activity



Stress Class



Look for the *berry-type* icon next to each Healthy Living class.



### REGISTRATION INFORMATION

#### Register online at [hip.stanford.edu](http://hip.stanford.edu)

- **Credit card** – secure credit card payments will be processed via Cybersource when registering online. Choose the Credit Card option under “Pay balance with:”. You will receive a confirmation of enrollment by email. We cannot accept credit card information over the phone or in-person.
- **Check/Cash** – register online and choose the Check/Cash button under “Pay balance with:”. Please make check payable to Stanford University.  
 In person: bring check to HIP Office, Medical School Office Building (MSOB), 3rd floor  
 Along with class registration information, mail check to:  
 on-campus: ID mail code 5411  
 off-campus: HIP, Medical School Office Building (MSOB), 1265 Welch Rd, Stanford, CA 94305-5411  
 Please Note: If you pay by check, you are *not confirmed*, nor guaranteed a space in the class, until HIP receives payment.
- **STAP funds** – benefits eligible Stanford employees will be given the option online to pay for STAP approved classes by choosing the “Use STAP” button in the shopping cart. Your registration will not be final until we receive confirmation from Human Resources of your STAP eligibility and balance.

#### STAP Funds for University Staff

Healthy Living classes approved for STAP funds reimbursement will be indicated by “STAP/EA Funds: Yes” next to the class fee in the brochure. It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

#### Educational Assistance (EA) Funds for Stanford HealthCare and LPCH Employees

Healthy Living classes approved for EA reimbursement will be indicated by “STAP/EA Funds: Yes” next to the class fee in the brochure. Register and pay for your class and then process reimbursement with your HR Manager after class completion. HIP will send a certificate of class completion upon request.

#### REFUND POLICY

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

<b>KEY:</b> BeWell Berries	Emergency Preparedness	Environmental Health	Health Enrichment	Nutrition Class	Physical Activity	Stress Class	Workspace Well-Being

Look for the berry-type icon next to each Healthy Living class.





## 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".

Instructor: Nastasia Poso, CMA, works as a patient care coordinator in the Stanford Coordinated Care Clinic. She is a certified Trainer for CDSMP and has a background in wellness, health coaching, mindfulness meditation and disease management.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 4/5-5/10	5:00-7:30 pm	Hoover Pavillion, 4th Floor Conference Rm 408	\$160 (STAP/EA: YES)	bcbh-01



## omada Online Weight-Loss Program for Prevention of Diabetes & Heart Disease

Join this online health program to lose weight, develop healthy habits, and reduce your risk for chronic diseases, like type 2 diabetes and heart disease. Omada is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. The program is all online, so you can participate via your computer, tablet, or smartphone, whenever it's most convenient for you. Over 250 Stanford University employees have already enrolled!

You'll learn new strategies related to nutrition, physical activity, and daily challenges that will help you create a sustainable healthy approach for the long term. Based on what you learn, you'll set and meet personal and group health goals. The average participant loses 11 pounds at 16 weeks. Register anytime and begin the program within 2 weeks of registration.

Instructor: A professionally trained Omada health coach will facilitate your small online group and provide one-on-one guidance, encouragement, and accountability throughout the program.

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

DAY/DATES	TIME	LOCATION	FEE
Rolling start, 4/3-6/9	TBD	Your computer, tablet, or smartphone	\$550 (STAP: YES)



## Smoking Cessation: *Intentional Quitting*

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

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

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

	FEE	CODE
12 Sessions: Stanford University & families	\$0	sciq-01
12 Sessions: Community	\$275 (EA FUNDS: YES)	sciq-01a





## Active Transportation Counseling™

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

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

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



	TIME	LOCATION	FEE	CODE
1-hour session	TBD	In person or by phone	\$100 (STAP/EA: YES)	atc-04



## Is An Electric Vehicle Right For You?

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

As a bonus, there will be a number of EVs to explore in and out, including the Nissan Leaf, Kia Soul EV, Chevy Volt, Fiat 500-e, Ford Focus EV, and likely new all-electric Chevy Bolt with 238 mile range!

Participants may view cars beginning an hour before class (4:30pm) and for 30 minutes after class.

Instructors:

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

Jim Barbera, Systems Engineer at ChargePoint (prominent local charging company). Jim is familiar with all aspects of installation of EV charging stations at home and in commercial settings. Jim is an experienced EV Driver (60,000 electric miles), and has driven nearly all makes and models of EVs.

Marc Geller, founder and member of the Board of Directors of Plug In America, and Vice-Chair of the Board of Directors of the Electric Auto Association. Marc has been driving an electric car since 2001.

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



DAY/DATES	TIME	LOCATION	FEE	CODE
Mon, 5/22	5:30-7:30 pm	1070 Arastradero Rd, Rm 202A/B	\$10 (STAP/EA: NO)	ecars-01



**NEW WEBINAR | Change it up: *Research-based Tools to Help Achieve Your Change Goals***

*I think I can...I think I can...I think I can...* The Little Engine that Could made it up that hill through bravery, persistence, and sheer grit! In this noon-hour webinar, you will learn small behavior change tips that can help make your hills a little easier to climb. We will discuss research-based, concrete suggestions for how to achieve your behavioral goals and make sustainable lifestyle changes. Learn helpful tools for making that “Double-black-diamond” mountain of a behavior change seem more like a “Blue square”.

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

DAY/DATE	TIME	LOCATION	FEE	CODE
Wed, 5/31	12:00-1:00 pm	Your Computer	\$35 (STAP/EA: YES)	ciu-30



**NEW | 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.

Now we know, thanks to significant scientific research, that creativity is also good for us. 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 1-hour sessions), through music, art, dance, creative writing and other forms of creative expression that you enjoy, 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!

As a part of the class, each participant will receive “Sonic Sanctuaries,” an audio series of guided meditations designed to catalyze an inspired life.

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*, and the Harvard Business Review article, “Pull the Plug on Stress”, along with a number of scientific papers.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 5/11	1:30-5:00 pm	Li Ka Shing Learning Ctr, Rm 209	\$200 (STAP/EA: YES)	cps-01
<u>Follow-up sessions:</u>				
Thu, 5/25	11:45am-1:00 pm	Medical School Office Bldg., Rm 303		
Thu, 6/1	11:45am-1:00 pm	Li Ka Shing Learning Ctr., Rm 304/305		



**NEW | Express Your Heart's Desire: *Cultivating Gratitude and Giving Expression to our Dreams***

**THIS CLASS IS BEING OFFERED ON THURSDAY EVENINGS**

In this 4-week workshop, we will invite the Heart-Felt experience of appreciation and wonder into our creative process. As we invite our analytical mind to take a back seat, we will learn how the process of allowing and intending enables us to experience the flow of creativity.

RESEARCH SUPPORTS THESE 7 HEALTH BENEFITS FROM EXPERIENCING GRATITUDE:

- We become more helpful, generous, and compassionate
- Gratitude strengthens the immune system
- We become more forgiving
- We experience greater pleasure and joy
- We sleep longer and feel refreshed upon waking
- We have more optimism
- We exercise more and take better care of our health!



Be more present, vibrant, open, connected and engaged throughout your day.

We will play, tell and write stories, do theater games, move our bodies to live music, speak our minds, share our passions, and support each other in our desire to live a more expressive life.

Instructors:

Deanna Anderson is a certified Action Theater coach and trained in the Expressive Actor Method. She has taught "Creative Play Expression & Performance" workshops at numerous Universities, and has taught regularly for HIP.

Peter Giordano is a composer and multi-instrumentalist. He is the founder and director of StoryTeller Project, an arts education nonprofit dedicated to using the expressive and media arts as tools for learning and healing.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 4/27-5/18	5:30-6:30 pm	Education Bldg. (Cubberly), Rm 334	\$120 (STAP/EA: YES)	exp-01



**STANFORD  
COORDINATED  
CARE**

Care with the Patient at the Center



211 Quarry Road, Suite 402  
Palo Alto, CA 94304  
650.724.1800

**Stanford Coordinated Care's 2017 Open House Calendar—April 11, July 11, and October 10—located in our clinic)**

SCC is Stanford's Primary Care clinic with a bold, personalized approach for the employees (and their adult dependents) of Stanford University, SLAC, Stanford Health Care, and Stanford Children's Hospital who have ongoing or persistent health conditions. During our Open House, you will:

- |                                     |   |
|-------------------------------------|---|
| ◆ Meet our Doctors and Team Members | ◆ Learn how we customize your health care goals           |
| ◆ Get your questions answered       | ◆ SU & SLAC staff: Attend and earn a BeWell Berry!        |
| ◆ Tour the clinic                   | ◆ <b>Free</b> parking, behind Hoover Pavilion, after 4 pm |

To RSVP: call 650.724.1800 or email [coordinatedcare@stanfordhealthcare.org](mailto:coordinatedcare@stanfordhealthcare.org)



### Healing Touch International Certificate Program- Level 3

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



LEVEL 3 provides in-depth skills and on-going practice of Healing Touch. We explore development of Higher Sense Perception, sequencing of healing techniques, working with guidance, self-healing and self-development. PREREQUISITE: HT Levels 1 and 2. This Class provides 17.5 continuing Education Contact hours for nurses and massage therapists.

Instructor: Sue Kagel RN BSN HNB-BC CHTP/I. Sue is on faculty with Andrew Weil's Program at the Arizona Center of Integrative Medicine at the University of Arizona, teaching Healing Touch and energy therapy, and is co-author of an NIH research grant using Healing Touch in the NICU. She is Past President of Healing Touch International and co-author of Healing Touch Advancing Life through Energy Therapy (2014).

DAY/DATES	TIME	LOCATION	FEE	CODE
Sat & Sun, 5/6-5/7	9:00 am-6:00 pm	Arrillaga Outdoor Education & Recreation Ctr. (AOERC) 285 Santa Teresa Street, Rm 103B	\$350 (STAP/EA: YES)	ht-03



### Mindful Moms *Co-sponsored with the Stanford WorkLife Office*

Mindful Moms is an evidence-based wellness group for moms. At Mindful Moms, we come together to nurture our minds, bodies and hearts in a supportive community through the practice of mindfulness meditation, gentle yoga, authentic sharing, and community building exercises. Each week we explore different themes related to mindfulness and motherhood. Our emphasis is placed on practicing mindfulness, as well as creating a deep sense of community, which is essential for us as mothers. We all share a vital need for meaningful social connection!

Although children and toddlers are not permitted at the group, moms are welcome to bring newborns with permission of the instructor.

PLEASE NOTE: Mindful Moms is FREE for all post-docs, students (grads and under grad) and their partners! Contact HIP at [healthimprovement@stanford.edu](mailto:healthimprovement@stanford.edu) for special registration instructions.

Instructor: Krassi Harwell, is a certified yoga instructor and has worked in the Bay Area since 2001. She is a Thai massage therapist, Hakomi counselor, and DONA-certified doula since 2005. Krassi is also the mother of two children.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 4/11-6/13	12:00-1:30 pm	Escondido Village Common Rm	\$315 (STAP/EA: YES)	mbsm-02





### Partner Shiatsu for Neck, Shoulders, and Feet

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 2-session academic and experiential class you will work in pairs, while seated, practicing the principles of good alignment as you work. In the first session, you and your partner will take turns learning techniques for the neck, shoulders and feet. The second session will focus on review, practice, and few new techniques. Both as receiver and as practitioner, you will benefit from the focusing of energy and intention. Bring your partner for free or split the cost. Please bring a mat.

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
Mon, 4/17 & 4/24	6:15-7:30 pm	Shriram Ctr. Sub-basement, Blue Atrium	\$130 (STAP/EA: YES)	shic-01



### Spinefulness

This 4-session class will teach you keen body awareness and corrections that will allow relief from mechanically-based joint and back pain. Whether you are suffering in your neck, feet, or joints, our Spineful approach will guide you to replace patterns of wear and tear with habits that restore joints. You will learn small, but critical, position shifts to apply to everyday activities. Sit comfortably at your desk, drive in your car without pain, or stand happily in line at the grocery store.

PLEASE NOTE: Class is held in Alway Bldg., Rm M112 on 4/20-4/27, and in the Li Ka Shing Learning Ctr. (LKS), Rm 304/305 on 5/4-5/11.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 4/20-5/11	12:00-1:00 pm	Alway Bldg., Rm M112 & LKS 304/305	\$160 (STAP/EA: YES)	spine-01

### Spinefulness Plus: *Putting "Spring" Back Into Your Step*

This 6-session class will combine the 4-session Spinefulness class with two extra classes that pay special attention to your feet. Learn anew how to stand and walk in balance and comfort so that you can experience a true delight in moving!

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 (Stanford University) As Director of the Balance Center, Jenn champions Spinefulness as a practical non-invasive way to resolve muscular skeletal pains and as a way to increase overall wellness.

PLEASE NOTE: Class is held in Alway Bldg., Rm M112 on 4/20-4/27, and in LKS, Rm 304/305 on 5/4-5/25.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 4/20-5/25	12:00 -1:00 pm	Alway Bldg., Rm M112 & LKS 304/305	\$225 (STAP/EA: YES)	spine-01a



### Spring Cleaning-Yogi Style!

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

In these 2 sessions we will:

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

PLEASE NOTE: Class will be held in LKS Room 208 on 4/24, and in Health Research and Policy (HRP) Redwood Bldg., Rm 138B on 5/1.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Mon 4/24 & 5/1	11:30 am-12:30 pm	Li Ka Shing Learning Ctr., Rm 208 & HRP 138B	\$60 (STAP/EA: YES)	scys-01



## Starting Fresh: *Planting Your Spring Garden* Co-sponsored with the School of Earth, Energy & Environmental Sciences

Spring is here again! Spring gardening is a wonderful way to participate in life renewing itself. This wholesome activity promotes the health of both mind and body. The contemplative activities of gardening and interacting with nature at this time of the year allow us to fully experience the awakening and regeneration of spring. And not least, gardening nourishes us with fresh fruits and vegetables. Join us in this 4-session class at the O'Donohue Stanford Educational Farm while we prepare the soil and ourselves for another healthy season.

You will learn:

- How to grow spring vegetables, about crop rotation, and composting throughout the seasons.
- Simple yoga stretches and ergonomics for safe physical movement in (and out of) the garden.
- How to enhance the harmonious experience of connecting with nature by practicing mindfulness in the garden.

Instructor: Anna Lee is a PhD student in the Emmett Interdisciplinary Program in Environment and Resources (E-IPER), studying how people learn about, relate to, and make decisions about food and the environment. She is a Master Composter for San Mateo County, and holds an Advanced Certificate in Ecological Horticulture from the Center for Agroecology and Sustainable Food Systems at UC Santa Cruz, and an MS in Agroecology from UW-Madison.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 4/18-5/9	5:30-7:00 pm	O'Donohue Family Stanford Educational Farm	\$150 (STAP/EA: YES)	garden-01



## NEW | The Ayurveda Algorithm

Ayurveda, India's 5,000-year-old medical science, offers a precise algorithm to guide food and lifestyle choices based on an individual's constitution and current health state. This class will introduce the Ayurveda algorithm, and help you design your own implementation of this algorithm. You will learn basic concepts of Ayurveda and develop a food and lifestyle plan that fits your current needs.



Participants will also get an opportunity for a 30-minute follow-up consultation (on a first-come-first-served basis) with the instructor to get individual feedback on their food and lifestyle plan.

Please note: This class will meet on Saturday 5/6 from 10am - 4:30pm, and on Sunday, 5/7 from 10am - 2pm.

Instructor: Shaaryana Geetanjali Chakraborty is a Certified Ayurveda Clinical Specialist and heads a donation-based Ayurveda clinic in Milpitas. She is the Director of Ayurveda Studies, Vedika Global, Emeryville. Prior to embarking on her Ayurveda journey, Shaaryana did molecular biology research at Georgetown University and Stanford University.

DAY/DATES	TIME	LOCATION	FEE	CODE
Sat, 5/6	10:00 am-4:30 pm	Education Bldg. (Cubberly), Rm 210	\$275 (STAP/EA: YES)	ayuralg-01
Sun, 5/7	10:00 am-2:00 pm	Education Bldg. (Cubberly), Rm 210		



## The Gokhale Method® Foundations Course

Are you attempting to “sit up straight”? Have you been told that “sitting is the new smoking”? Come learn a tried and true approach to “good posture.” This course teaches you restorative techniques to lie, walk, stand and sit in a healthy and relaxed manner. Good posture doesn’t have to be stiff or painful – in fact, it can turn your world into a gym, and your daily movements into strengthening exercises that increase energy, and reduce back, neck, and joint pain. It will also help prevent injuries, improve your appearance, and make you taller!

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

\*The Gokhale Method™ Foundations Course is comprised of six 90 minute lessons over two and a half days.

Dates: Friday, April 28 - Sunday, April 30

Course fee: \$500 (STAP/EA: YES)

### TWO CLASSES TO CHOOSE FROM:

#### CLASS 1 (gok-01)

*LESSON / DAY / TIMES
1 Fri 5:30 pm
2 Sat 9:00 am
3 Sat 1:30 pm
4 Sat 5:30 pm
5 Sun 9:00 am
6 Sun 1:30 pm

#### CLASS 2 (gok-01a)

*LESSON / DAY / TIMES
1 Fri 7:30 pm
2 Sat 11:00 am
3 Sat 3:30 pm
4 Sun 11:00 am
5 Sun 3:30 pm
6 Sun 5:30 pm

LOCATION
Li Ka Shing Learning Ctr. (LKS), Rm 209
LKS 304/305
LKS 304/305
LKS 304/305
LKS 304/305
LKS 304/305



## NEW | 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 4-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 facilitator of small groups of many types – and a great believer in learning interactively and collaboratively.



DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 5/9-5/30	5:30-6:30 pm	Education Bldg. (Cubberly), Rm 210	\$120 (STAP/EA: YES)	tmmj-01



## Weeding Your Way to Wellness

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

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

Start the day off right at the O’Donohue Family Educational Farm! Every session begins with warm herbal tea with herbs picked from the farm to be followed by some light stretching and therapeutic weeding. The group leader will share a nature poem with the class as a close to each session.

NOTE: Wear loose comfortable clothes to be outside for the entire class.

Instructor: Kathy Siemers. Kathy is a Lab Manager in the Biology Department and an avid gardener. She’s been “weeding for wellness” and a harvest volunteer at the Farm for over a year and loves sharing the good-for-the-soul spirit of the Farm.

PLEASE NOTE: No class on 5/11.



DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 4/20-6/8	7:00-7:50 am	O’Donohue Family Stanford Educational Farm, 175 Electioneer Road	\$0	weeds-01



## Wellness Coaching

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

### WHAT IS WELLNESS COACHING?

During these five 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 one-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:

Wellness Coaching is for individuals who have an interest in making broader life changes. While participants are welcome to work on making changes to eating and/or stress management behaviors during the course of wellness coaching, Coaches might not be content experts in these areas. If you are interested in very specific diet or stress management advice, please consider registering for Personalized Nutrition Coaching or Personal Stress Reduction

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

### Our Coaches

**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 degree in public health, and holds a Wellness Coaching certification through Wellcoaches®. As a working mom in her early 50's, Julie knows what it's like to juggle work, marriage, parenting a young child, and prioritizing wellness.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue & Fri Appts	TBD	TBD	\$275 (STAP/EA: YES)	well-04a

**DEBBIE BALFANZ** received her PhD in Social Psychology from Princeton University and came to HIP in 2002. As a working mom of two young boys, she understands firsthand the realities of trying to fit in physical activity and healthy eating while juggling the demands of life in the Silicon Valley. Through her own experiences, and knowledge she's gained from working with Stanford employees, Debbie has learned a lot about identifying and managing the barriers to a healthy lifestyle.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed Appts	9:00-11:00am	TBD	\$275 (STAP/EA: YES)	well-04b

**ASHLEY GEPHART, MA**, has worked in the wellness promotion field for 15+ years in a variety of capacities, including as a health educator, certified wellness coach, personal trainer and group exercise instructor. She currently works for the HIP and BeWell programs at Stanford, and co-teaches the HIP "Healthy Kitchen" classes. Ashley is a firm believer that small steps add up to big successes...it's all about progress, not perfection.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed Appts	Mornings	TBD	\$275 (STAP/EA: YES)	well-04c

**NATALIE LAVORATO** has a BS in nutrition science and has worked with individuals and families on a wide variety of topics (weight management, healthy eating, exercise, and stress reduction). Natalie is a BeWell Coach, and a health educator and facilitator for Kaiser Permanente's medical weight management program. Natalie's main passion is helping individuals attain their weight loss/management goals through sustainable lifestyle changes.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue Appts	Afternoon	TBD	\$275 (STAP/EA: YES)	well-04d

**MIA PRIMEAU** has an MA in Somatic Counseling Psychology and a BS in Nutrition and Dietetics. She is a certified yoga instructor with 7+ years experience in health education, promotion, coaching, and counseling. Mia specializes in working with individuals on stress and weight management.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu Appts	1:00-4:00 pm	TBD	\$275 (STAP/EA: YES)	well-04e
Fri Appts	2:30-5:00 pm	TBD	\$275 (STAP/EA: YES)	well-04e





## **NEW | Functional Foods & Flavors: *Delicious Recipes & Cooking Techniques for Optimizing Health***

Beyond the basics of healthy eating there lies a world of functional foods that offer enhanced nutritional benefit to optimize health and vitality. Many of these foods, flavors and cooking techniques have deep roots in culinary and medicinal traditions around the world. In a classroom setting, we will explore the science and benefits behind these nourishing cuisines and learn how to translate these foods and flavors into deliciously practical dishes that you will love to make and eat.

**Instructors:** Jackie Armstrong is a registered dietitian specializing in the use of food and nutrition to optimize vitality, health and athletic performance. As the Performance & Wellness Nutritionist for R&DE Stanford Dining, she translates the latest scientific evidence to develop innovative culinary and educational programs for the Stanford community.

Erica Holland-Toll is Executive Chef of the Stanford Flavor Lab, where she engages and educates the Stanford community through the exploration of new culinary trends and classic techniques. She grew up enjoying the benefits of a mother who grew her own vegetables, made preserves and baked bread. Chef Holland-Toll continues to be passionate about home cooking, local sourcing and seasonality.

DAY/DATES	TIME	LOCATION	FEE	CODE
Fri, 4/28	12:00-1:15 pm	Li Ka Shing Learning Ctr., Rm 120	\$40 (STAP/EA: YES)	fff-01



## **Healthy Kitchen: *Snacks Made Simple...and Delicious!***

It's time to refresh your snack repertoire! If you are looking for some healthy and tasty new snack ideas to put spring into your step this season, then this is the class for you. The Healthy Kitchen team will repurpose some of our "tried and true" recipes as well as introduce you to all new creations. You will learn how to balance proteins and carbohydrates, and how to plan ahead for your weekly snacks at work and at home. Come prepared to taste test, and skip away with new healthy snack ideas!

**Instructors:**

Amanda Miller, BA (Sociology and Exercise Science), CPT, is a manager and coach for the BeWell program at Stanford.

Ashley Gephart, MA (Health Advocacy), CPT, manages the HIP Healthy Living Program and "moonlights" as a BeWell coach.

DAY/DATES	TIME	LOCATION	FEE	CODE
Fri, 5/5	11:00 am-12:00 pm	Li Ka Shing Learning Ctr., Rm 208	\$40 (STAP/EA: YES)	hkit-01



## **Mindful Eating: *Making Healthy Choices & Managing Weight Through Eating with Intent***

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

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

**Instructor:** Patty McLucas, CPT, Wellness Consultant, and trained instructor of the Mindfulness-Based Stress Reduction curriculum. She is co-founder and owner of Breathing Room. <http://www.breathingroomstudio.com>.

PLEASE NOTE: Class on 5/2 will be held in Li Ka Shing Room 306.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 4/25-5/16	12:00-1:15 pm	Li Ka Shing Learning Ctr., Rm 203/204	\$150 (STAP/EA: YES)	ewi-01



## Personalized Nutrition Coaching

Here is an opportunity to sit down with an experienced nutrition coach in a comfortable, non-judgemental setting to explore your individual nutrition needs, challenges, and goals. In these 3 sessions, your coach will partner with you to develop and implement a realistic eating plan that will reenergize your pathway to wellbeing.

Our nutrition coaches are diversely qualified and have unique areas of specialization. Please read the instructor bios to select a coach that suits your personal interests and needs.



### Our Coaches

**CHRISTINA BECKER, MPH, RDN, CHCW.** Christina has over 11 years of experience working in dietetics, non-profit community health, corporate wellness, and she has also served as a BeWell Coach. She is a graduate of the Integrative Health & Lifestyle program (IHeLP) at the Arizona Center for Integrative Medicine, and is a certified Hatha yoga instructor.

Christina provides guidance on topics including healthy and mindful eating, weight management, heart disease, diabetes and GI conditions. 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. Requests for in-person consults will be considered.

DAY/DATES	TIME	LOCATION	FEE	CODE
Appts TBD	TBD	Phone or by video chat	\$275 (STAP/EA: YES)	pnc-04a

**JOYCE HANNA, MA, MS,** is Associate Director of the Health Improvement Program. She has graduate degrees in education, exercise physiology, and nutrition and has worked extensively as a behavioral health consultant, helping people make healthy lifestyle changes. Joyce teaches HIP classes on nutrition, weight management, behavior change, healthy aging, and science of willpower. Joyce was a consultant to the Governor's Council on Physical Fitness and Sport. She was president of Fifty- Plus Lifelong Fitness Association, a national organization providing research and education on physical activity and aging.

Joyce combines the latest research in nutrition, weight management and exercise with a non-judgmental, compassionate approach in helping you reach your goals.

DAY/DATES	TIME	LOCATION	FEE	CODE
Appts TBD	TBD	Medical School Office Bldg.	\$275 (STAP/EA: YES)	pnc-04b

**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: healthy digestion, eating strategies to help lower cholesterol, glucose or blood pressure, putting into practice sound nutrition principles, healthy eating for busy people, and plant-based diets. She is enthusiastic about working with clients to create a sustainable plan that suits each individual's unique body, lifestyle, food preferences and health goals.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue & Thu Appts	2:00-5:00 pm	TBD	\$275 (STAP/EA: YES)	pnc-04c

**SHAUNA HYDE, RD, CDE.** With over 15 years experience as a nutrition educator, Shauna specializes in diabetes prevention and management, cholesterol management, weight loss and blood pressure control. She has worked at the Stanford Prevention Research Center and the Palo Alto Medical Foundation on a number of research projects – primarily providing lifestyle and cardiovascular risk factor reduction education to study participants. Shauna can help you improve your diet with simple, realistic modifications. Healthy meal preparation, grocery shopping, eating out, and physical activity are all topics that she can help you improve. Shauna is an exercise enthusiast! She loves hiking, jogging, yoga and kick-boxing.

DAY/DATES	TIME	LOCATION	FEE	CODE
Appts TBD	TBD	TBD	\$275 (STAP/EA: YES)	pnc-04d



## NEW | Sugar: *What? Where? How?*

Remember those sweet and simple days when sugar came in a big sack with SUGAR written across the front? Days when you could actually manage your sugar intake by just skipping dessert? Sugar is now known by so many different names and added to so many kinds of food, that it causes us to wonder: What is sugar anyway? Where can we find these sugars? It's truly amazing how many places they may be lurking. How can we effectively reduce the amount of sugar we eat?



Come to this noon-time workshop with Dr. Jennifer Robinson, Program Manager for the Stanford Nutrition Studies Group, to learn the what and where of sugars, and most importantly, how we can manage them in our diet.

Instructor: Jennifer Robinson, PhD, is Program Manager for the Nutrition Studies Group, Stanford Prevention Research Center.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 5/30	12:00-1:00 pm	Clark Center Auditorium	\$35 (STAP/EA: YES)	sugar-01



## NEW WEBINAR | Trust Your Gut: *High Fiber, Microbes, and Your Health*

The health benefits of a diet high in dietary fiber are well established. Studies show eating fiber results in a reduced incidence of cardiovascular disease, cancer, inflammation, diabetes and obesity. Why is the non-digestible part of our diet so beneficial to our health? One reason is that our intestinal microbiota uses fiber as its primary fuel and nourishment. By choosing foods high in fiber, we have the potential to modify the gut microbiome, and our health in a positive way. Join Dr. Lisa Offringa in this noon hour webinar to learn about the fascinating universe of our intestinal micro biome, learn how to identify high fiber foods, and ways to include more fiber into your daily diet.



Instructor: Lisa Offringa, PhD. Research Fellow at Stanford Prevention Research Center, and Lecturer in Integrative Biology at UC Berkeley.

DAY/DATE	TIME	LOCATION	FEE	CODE
Wed, 4/26	12:00-1:00 pm	Your Computer	\$35 (STAP/EA: YES)	tug-30



## Understanding the Science of Willpower in Managing Your Weight

Willpower is a mind-body response, not a virtue that some people seem to have and others don't. Understanding willpower will enable you to develop the ability to do what YOU WANT for yourself. Self-control is like a muscle and can be strengthened. You can learn the right habits, techniques and strategies, based on the science of self-change, that will work for you. With strengthened self-control, you can reach your weight goals, and make other lifelong changes.

Habits make up 40% of our daily routine and have an enormous impact on our wellbeing. You can train your brain to regulate impulses and avoid self-sabotage. You can learn to distract yourself from temptations. Once you get into the willpower groove, your brain will focus on what you want for yourself and you will find that you are struggling less.

Participants will gain useful tools to reshape habits, avoid temptation, deal with procrastination, and build willpower endurance. The good news is once your willpower becomes stronger in one area, it touches every area in your life.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 5/3	12:00-1:15 pm	Li Ka Shing Learning Ctr., Rm 120	\$35 (STAP/EA: YES)	USW-01



## Weight Management: *Starting the Journey*

This 8-week program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work.

Each class will consist of individual health behavior goal setting, group discussion and activities. All interested individuals are required to engage in a short phone call with the facilitator before registering to ensure that the class is the right fit for them.

Facilitator: Debbie Balfanz, PhD, coordinator of the Stanford Behavior Change/Weight Management Program.

Please contact Debbie at 725-3185 before registering.

DAY/DATE	TIME	LOCATION	FEE	CODE
Wed, 4/19-6/7	5:30-7:00 pm	401 Quarry Rd, Rm 1211	\$250 (STAP/EA: YES)	wmsj-01

# Stress Management



## Building Resilience and Reducing Stress:

TOOLS AND HEARTMATH TECHNOLOGY TO ADD HEART AND ENERGY TO YOUR LIFE



We all have the power to use our hearts to transform our stress, our lives, and our world. 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 a biometric device that helps to manage the overwhelm of stress in real time. This technology together with behavioral techniques learned in the workshop will enhance your ability to self-regulate, or choose how you feel independent of what's happening around you.

HeartMath serves hundreds of organizations worldwide, including Stanford University (for over 18 years), Boeing, Nasa, Cisco, the Mayo clinic and Kaiser. To take this class you must be able to bring to class an iPhone 4/5/6, iPad Air/mini/4th gen, or iPod touch (5th Generation or later).

Instructor: Bruce Cryer, Founder Vybrato, Co-CEO at WholeLife.com and Senior Advisor and former CEO HeartMath (11 years). Bruce has taught programs at Stanford since 1997, including 9 years for HIP and 13 years for the Stanford Executive Program.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 5/18	1:30-5:00 pm	Li Ka Shing Learning Ctr., Rm 209	\$225 (STAP/EA: YES)	heart-01



## WELLNESS ON WHEELS Can't get away for a HIP class?

Let us bring one to your Stanford department!

For more information, go to: <http://hip.stanford.edu>





## NEW | Deepening Meditation

Do you feel you are losing sight of what really matters?

In this 2-session "Deepening Meditation" class, you will learn a variety of heart meditations and mindfulness techniques designed to bring you into the moment and be centered with your inner strengths. These techniques will also support you in experiencing peace and gratefulness.

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

To continue 'deepening meditation' practice outside of class, class participants will be provided with a series of 10 minute recorded meditations from the "Lovegarden Meditation" mobile application.

Instructor: Tarika Lovegarden, author of "Meditations on the Fridge". Born into a family of meditators, and trained by pre-eminent meditation leaders, Tarika carries forth her lineage by adapting timeless meditative traditions to contemporary life challenges.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 6/6 & 6/13	12:00-1:00 pm	Li Ka Shing Learning Ctr., Rm 306	\$60 (STAP/EA: YES)	dmed-01



## Equine-imity - *Stress Reduction in the Company of Horses*

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

Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of tai chi and qigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or "of the body" learning, in combination with daily practices offered in class will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition.

The course includes 4 class sessions plus 1 individual private session. No horse experience needed.



DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 5/4-5/25	4:00-5:30 pm	Webb Ranch, 2720 Alpine Rd, Portola Valley	\$320 (STAP/EA: YES)	srph-01

## Equine-imity - *Somatic Horsemanship 1 Hour Individual Sessions for Stress Reduction*

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

These 1-hour individual sessions are conducted with one or more gentle, sociable horses at a beautiful ranch 10 minutes from campus. Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. All activities are conducted on the ground with the herd or with a single selected horse. There is an option for a mounted meditation ride after completing one ground session. (A Ranch surcharge applies, not covered by STAP). No horse experience needed. Handbook included. Sessions are held weekdays until 2:00 pm. You will be contacted within 5 business days of registration to schedule an appointment.

Want to attend with a co-worker? Semi-private sessions (1.5 hours) are also available.

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

Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School.



## Lantern *Online Program for Reducing Anxiety*

Lantern is a 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 and develop effective coping strategies through quick daily exercises with professional coaching.

Lantern creates a personalized program based on cognitive behavioral therapy and mindfulness-based stress reduction to help each individual work on areas that matter most to them. The program includes core conceptual areas from evidence-based approaches such as education about how thoughts, emotions and behaviors are interrelated, relaxation training, how to become aware of and change thoughts, behavior change, mindfulness, and habit formation. Participants tend to access their program 2+ times per week for approximately 10-15 minutes to track mood and behaviors, learn, and practice techniques. Participants typically complete the first phase of their program within 2-4 months, followed by a maintenance program of 1-2 sessions per week for up to a year after program start. The program makes use of tools, practice and information, and helps participants track their progress toward individually selected goals.

### Special Two-Step Registration Process:

Step 1 - Register for Lantern class at [hip.stanford.edu](http://hip.stanford.edu)

Step 2 - Receive email from Lantern with instructions for how to access your program

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

DAY/DATES	TIME	FEE	CODE
Rolling start, 4/3-6/9	Self-paced approx. 8-10 weeks, with maintenance up to a year	\$325 (STAP/EA: YES)	lant-30



## Meditation. *Me? Why, How and What Type?*

Meditation cultivates health and positive human qualities. This 4-week class offers training in the fundamentals of meditation, and opportunities to experience various ways to mediate so you can select and develop the practice that is right for you. For 40 years, scientific research has documented benefits of meditation on the immune system, the brain, emotions, well-being and behavior. Countless studies have shown meditation promotes health, concentration, emotional balance, altruism and inner peace.



Class activities will include a range of practices beginning with breath-based and body-based mindfulness meditations. Class sessions will continue with walking meditation, visualization and sound-based meditations, and culminate in practice of loving kindness and compassion meditations. You will learn the difference between active and passive meditation, and how to discern when to do each. The focus on direct experience will help you to begin and continue meditating. You will receive information on practice opportunities on campus, along with guidance on how to practice on your own or with others.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 5/16-6/6	5:30-6:45 pm	Roble Gym, Rm 139	\$125 (STAP/EA: YES)	mwhw-01



## NEW | Mindful Self Compassion

We often feel compassion when a close friend is struggling. What would it be like to receive the same caring attention from yourself when you need it the most? We know that harsh self-criticism adversely impacts our well-being, strength, and performance, often leading to excessive worry, perfectionism and frustration. In contrast, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives.

Mindful Self-Compassion (MSC) is strongly associated with emotional wellbeing, resilience in coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. Throughout this 8-week MSC program, participants will learn how to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. You will be provided with essential tools for treating yourself in a kind, compassionate way whenever you suffer, fail, or feel inadequate. All are welcome. No previous experience with mindfulness or meditation is required.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 4/13-6/1	12:00-1:00 pm	Lathrop Bldg., Rm 294	\$225 (STAP/EA: YES)	msc-01



## Mindfulness-Based Stress Reduction (MBSR) *Co-sponsored with Stanford Center for Integrative Medicine*

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

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 4/4-5/23	7:00-9:30 pm	Li Ka Shing Learning Ctr., Rm 130	\$330 (STAP/EA: YES)	msm-01

NOTE: Saturday Retreat May 13th from 9a-5p in Alway M112



## Personalized Stress Reduction

This 3-session personalized program is designed for people who would like to understand and learn ways to alleviate stress conditions (including anxiety, depression, insomnia, GI conditions, headaches, high blood pressure, chronic illness and other pain conditions), in a comfortable, individualized setting. With 1-on-1 support, you will practice mindfulness techniques, and learn strategies such as breath awareness, sitting meditation, body scan, and gentle yoga. You will be contacted within 5 business days of registration for scheduling.

Instructors:

**SARAH MEYER-TAPIA, MA**, Counseling and Health Psychology. Sarah is Manager of Operations for BeWell Coaching at Stanford and works as a health coach and instructor of stress-management and mindfulness programs. Sarah is a trained instructor in Mindfulness-Based Stress Reduction and has worked in the field of health and wellness for 15 years.

DAY/DATES	TIME	LOCATION	FEE	CODE
Mon/Tue Appts	4:00-6:00 pm	Main Campus	\$275 (STAP/EA: YES)	psrp-04
Wed Appts	1:00-3:00 pm	Main Campus	\$275 (STAP/EA: YES)	psrp-04

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Mon Appts	1:00-5:00 pm	Medical School Office Bldg.	\$275 (STAP/EA: YES)	psrp-04b
Tue Appts	2:00-3:00 pm	Medical School Office Bldg.	\$275 (STAP/EA: YES)	psrp-04b
Wed Appts	1:00-3:00 pm	Medical School Office Bldg.	\$275 (STAP/EA: YES)	psrp-04b

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu Appts	9:00-10:00 am, or 1:30-5:00 pm	Main Campus	\$275 (STAP/EA: YES)	psrp-04c
Fri Appts	12:30 -4:30 pm	Main Campus	\$275 (STAP/EA: YES)	psrp-04c



## NEW WEBINAR | Preventing Burnout

Please join Dr. Yann Meunier in this noon-hour webinar to learn about burnout: what it is, and its prevalence in the workplace. What are its predisposing signs/determinants, risk factors, and health consequences? Dr. Meunier will offer prevention recommendations at the individual level, including targets, and intervention strategies.



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

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 4/19	12:00-1:00 pm	Your Computer	\$35 (STAP/EA: YES)	pb-30





## Walking the Windhover Labyrinth *Co-sponsored with the Stanford Office For Religious Life (ORL)*

The Office for Religious Life (ORL) and HIP are collaborating to offer a labyrinth walking fundamentals workshop. This free 2-session program will provide you with knowledge of the rich history and stress reduction and resilience-building benefits of the contemplative practice of labyrinth walking. Each session will begin in the classroom followed by a practicum of walking the Windhover labyrinth.

Instructors: The Rev. Joanne Sanders, Associate Dean for Religious Life at Stanford, and Tia Rich, PhD, HIP Senior Health Promotion Specialist, and Contemplation by Design program manager.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 5/30 & 6/6	5:30-6:45 pm	TBD	\$0	wlab-01



## Wellness at Work

### CPR & AED

CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Please note: this is not a Basic Life Support (BLS) certification.

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

Date: Mon, 5/1 Time: 1:00-5:00 pm  
 Location: Alway Bldg., Rm M208  
 Fee: \$100 (STAP/EA: YES) Code: cpr-01



### First Aid

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

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

Date: Mon, 5/8 Time: 1:00-5:00 pm  
 Location: Li Ka Shing Learning Ctr., Rm 208  
 Fee: \$100 (STAP/EA: YES) Code: first-01



### Sitting Comfortably at Your Computer Station - *Individual Sessions*

Even with a good ergonomic set-up, many people continue to suffer from pain and discomfort at work. In individual sessions at your work station, you will learn how to apply proper body mechanics to alleviate pain and improve skeletal support and awareness. Sitting with a dynamic and healthy posture while performing commonly used workstation actions can reduce tension and help you prevent or heal from repetitive stress.

**SPECIAL NOTE:** Please allow 2-3 weeks for the instructor to contact you for scheduling (jean\_elvin@yahoo.com).

Instructor: Jean Elvin MFA, Guild Certified Feldenkrais Practitioner. Jean has specialized training for repetitive stress injuries, back, neck, shoulder pain, and thoracic outlet syndrome.

	TIME	LOCATION	FEE	CODE
1-hour session	TBD	Your computer station	\$100 (STAP/EA: YES)	SCCS-02
Three 1-hour sessions	TBD	Your computer station	\$300 (STAP/EA: YES)	SCCS-03