LIVING HEALTHY

WINTER QUARTER 2016
JANUARY 11 - MARCH 18

REGISTRATION BEGINS
JANUARY 6

hip.stanford.edu
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LEGEND: BeWell Berries 2016
Look for the berry-type icon next to each Healthy Living class.
A “Physical Activity” berry will be awarded for participation in Fitness classes.
visit: http://bewell.stanford.edu/program-summary
REGISTRATION INFORMATION

Register online at hip.stanford.edu

- **Credit card** - secure credit card payments can 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
  - Mail to HIP at:
    - 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**
All Healthy Living classes that are approved for STAP reimbursement by the University Benefits Department have “STAP/EA Funds: Yes” next to the class fee in the brochure. You are eligible if you are a regular staff member working 50% time or more. Faculty, students, temporary employees, family members, retirees, or other non-staff university affiliates are not eligible. It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

**Educational Assistance (EA) Funds for Stanford HealthCare and LPCH Employees**
Healthy Living classes that are approved for EA reimbursement will be indicated by “STAP/EA Funds: Yes” next to the class fee in the brochure. Register and pay for your class with a check or credit card and then process reimbursement with your HR Manager after class completion. HIP will send a certificate of class completion upon request.

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

healthimprovement@stanford.edu • (650) 723-9649 • http://hip.stanford.edu

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**Public Health Seminar Series**

**Emerging Trends in Public Health and Medicine**

Students, faculty, and staff welcome!

Series of lunchtime seminars to present:

- a diversity of current public health topics
- the relevance of health across disciplines
- the intersection of public health and medicine
- the influence of social determinants and allocation of resources on health
- role of advocacy in health and medicine

**January 29, 2016 at 12:30, Clark 360**
- Vaccination
- Public health impact of vaccine and vaccine hesitancy
*Register here*

**February 11, 2016, TBD**
- HIV/AIDS
- Screening in routine primary care

**March 3, 2016 12:30 (Clark 361, tentative)***
- Sleep
- Population-level impact of insufficient sleep and unintentional injury
- Healthy people 2020
*Register here*

**April 2016, TBD**
- Homelessness
- Street medicine

**May 17, 2016, 12:30, LKSC 208**
- Public Health and Technology- LGBT
- Importance of data collection among underserved communities
*Register here*

**June 2016, TBD**
- Using mobile technology to meet the needs of marginalized groups

*Lunch with registration
For more information, please contact: Nell Curran-Community Health Advocacy Education Coordinator, ncurran@stanford.edu

Cover design courtesy of: Stefan Kiehn, Senior Graphic Design Student, Central Washington University
Self-Acupressure for the Workplace

In this “hands-on” class, you will learn a self-massage sequence that focuses on using the method of self-acupressure. You will learn to nurture yourself at work by locating acupressure points for prevention of headaches; neck, shoulder, and back pain; arm and wrist problems. Using self-acupressure has also been to shown to boost your energy. These techniques can be done while sitting at your desk, in meetings, or on the phone.

Instructor: Diane Escoffon, PhD, Clinical Psychologist and Biofeedback Therapist.

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<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
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<tbody>
<tr>
<td>Mon, 2/22</td>
<td>12:30-1:30 pm</td>
<td>Education Building (Cubberly), Rm 334</td>
<td>$30 (STAP/EA: YES)</td>
<td>saw-01</td>
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</tbody>
</table>

CPR & AED

CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included.

Certificate cards will be sent out 2 weeks after the class.

Date: Monday, 2/29  Time: 1:00-5:00 pm
Location: Li Ka Shing Learning Ctr., Rm 209
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 2 weeks after the class.

Date: Monday, 2/22  Time: 1:00-5:00 pm
Location: Li Ka Shing Learning Ctr., Rm 209
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. She has specialized training for repetitive stress injuries, back, neck, shoulder pain, and thoracic outlet syndrome.

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<tr>
<th>Session</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>1-hour session</td>
<td>TBD</td>
<td>Your computer station</td>
<td>$90 (STAP/EA: YES)</td>
<td>scs-02</td>
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<tr>
<td>Three 1-hour sessions</td>
<td>TBD</td>
<td>Your computer station</td>
<td>$270 (STAP/EA: YES)</td>
<td>scs-03</td>
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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. (note: on the HIP website, this offering is also listed in the Environmental Health category.)

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.

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<th>TIME</th>
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<tr>
<td>1-hour session</td>
<td>TBD</td>
<td>$75 (STAF/EA: YES)</td>
<td>atc-01</td>
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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.

The program begins with one 60-minute in-person consultation on the Stanford campus, followed by 11 phone visits over one year. Learn more at: med.stanford.edu/hip/classes/individualized-programs.html.

Instructor: Jayna Rogers, MPH. Jayna has been a smoking cessation specialist for over 15 years.

<table>
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<tr>
<th>12 Sessions: Stanford University &amp; families</th>
<th>FEE</th>
<th>CODE</th>
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<tr>
<td></td>
<td>$0</td>
<td>sciq-01</td>
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<tr>
<td>12 Sessions: Community</td>
<td>$175 (EA FUNDS: YES)</td>
<td>sciq-01a</td>
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Wellness On Wheels at Stanford

**Wellness on Wheels** brings classes to your Stanford department. They are a great way to bring group fitness or healthy living classes directly to your worksite.

For more information, go to: http://hip.stanford.edu
or email us at: wellnessonwheels@stanford.edu
Nutrition / Weight Management

**Nutrition for Action: Action for Results**

Do you have a solid exercise routine but you are not seeing results? Come explore how food and exercise should work together. While the answer to losing weight and getting healthier is technically "eat less and move more"—it is not necessarily eat very little and workout a lot. The key is to find that balance.

In this class, you will learn how to fuel your workouts properly to lose weight, build muscle, burn fat and workout appropriately so every minute at the gym is used efficiently.

Instructor: Jae Berman, MS, RD, CSSD has a MS in Applied Physiology and Nutrition from Columbia University. She currently is working at the Stanford Preventative Research Center as a Health Educator for a study comparing low fat to low carb diets. In addition, she is the Sports Dietitian at University of San Francisco and has a private practice in San Francisco.

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<tr>
<td>Tue, 1/26*</td>
<td>12:00-1:00 pm</td>
<td>SLAC, Bldg. 53, Panofsky Auditorium</td>
<td>$30 (STAP/EA: YES)</td>
<td>spnut-01</td>
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*Date was updated from 1/20

**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.

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<td>Wed, 2/3-3/23</td>
<td>5:30-7:00 pm</td>
<td>401 Quarry Road, Rm 1211</td>
<td>$250 (STAP/EA: YES)</td>
<td>wmsj-01</td>
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**NEW | Healthy Kitchen: the Mediterranean Way**

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

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

Instructors: Rosalyne Tu, MS (Nutrition, Applied Physiology) and Amanda Perez, BA (Sociology and Exercise Science), CPT, are Wellness Advisors for the Stanford BeWell Program.

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<tr>
<td>Wed, 3/9</td>
<td>1:00-2:15 pm</td>
<td>Clark Center, Rm s361</td>
<td>$30 (STAP/EA: YES)</td>
<td>hkm-01</td>
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</table>
NEW | Weight Management and Active Transportation

If you have struggled in the past with getting physical activity into your day, or you enter a major internal battle to get yourself to the gym, why not try a more natural approach to movement with far less inner conflict? Recent research has shown that stealth approaches to weight management, when you don’t really feel like you’re directly engaging in sacrifice or weight management techniques per se, are more successful in achieving outcomes you’d like. In other words, getting movement in while doing something else like commuting to work or doing errands, is more likely to develop into a pleasurable, sustainable habit.

If you haven’t yet tried “active transportation” even once/month, you may be surprised to learn how easy and enjoyable it is. After the initial learning curve, you can increase frequency to your desired amount. Active transportation refers to any way we get from one place to another that does not rely solely on an automobile. You need not aim for perfection, but gradually learn to incorporate it as you feel comfortable. Come to this class taught by Jane Rosten, LCSW, HIP’s experienced active transportation coach, weight management teacher, and active transportation user herself for tips, guidance, and group support. You will help your health, your wallet, your stress, and the planet all at once.

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

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<tr>
<td>Thu, 2/11-2/18</td>
<td>6:00-7:30 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 203/204</td>
<td>$75 (stap/ea: yes)</td>
<td>wmat-01</td>
</tr>
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Register online at http://hip.stanford.edu

Please complete your SHALA for 2016 before registering for fitness classes. This will ensure you get the BeWell $30 discounted price.

For more information visit:
http://bewell.stanford.edu/
Click on “Login” to take your SHALA
Walking the Windhover Labyrinth  

Carrying forward the interest in contemplation from both at Windhover and Contemplation by Design week last November, the Office for Religious Life (ORL) and HIP are collaborating to continue to offer a labyrinth walking fundamentals workshop. This 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. Please note: registration required for this free class.

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.

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<tr>
<td>Tue, 2/9 &amp; 2/16</td>
<td>5:30-6:45 pm</td>
<td>Thornton Center, Rm 210</td>
<td>$0</td>
<td>wlab-01</td>
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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 meditate 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.

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<tr>
<td>Fri 2/26-3/18</td>
<td>12:30-1:45 pm</td>
<td>Education Building (Cubberly), Rm 334</td>
<td>$125</td>
<td>mwhw-02</td>
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</table>
Stress Management

**Inner Balance: Optimizing Resilience and Reducing Stress**

Do feelings of overwhelm and stress interfere with your enjoyment of life? Have you noticed your health, sleep, and energy affected by life or work stress? This research and evidence-based course gives you practical tools and technology to generate a simultaneous state of relaxation, readiness, and revitalization called coherence. Each participant receives a fun and innovative self-monitoring technology for iPhone, iPad or iPod Touch called Inner Balance. In addition, you will learn simple, effective tools to recognize and shift stress in the moment, while increasing your resilience, youthful energy, and well-being. Reported outcomes include improved sleep, productivity, mood, energy, mental clarity, relationships and overall health.

To take this class you must have — and bring to class — either an iPhone 4, iPad, iPad 2 (or more recent version of these) or iPod touch (4th Generation or more recent). You will be sent a brief survey to indicate which kind of connector your device uses (lightning or 30-pin adaptor).

Instructor: Bruce Cryer, HeartMath Senior Advisor and former CEO. Bruce has taught programs at Stanford since 1997, including 6 years for HIP and 12 years for the Stanford Executive Program of GSB. He is the author of *From Chaos to Coherence* and articles including *Pull the Plug on Stress* published in the Harvard Business Review.

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<tr>
<td>Thu, 2/11</td>
<td>1:30-5:00 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 101</td>
<td>$250* (stap/ea: yes)</td>
<td>heart-01</td>
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*Fee includes Inner Balance System

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**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 experiential training provides a combination of cognitive training designed to get at the root causes of stress, along with clinically proven breathing, relaxation, and meditation techniques. Learn how to stop the stress response before it arises, and find effective ways to release it, once present.

By practicing the techniques learned in this workshop, participants may see improvement in:

- Managing challenging work situations with greater calmness and clarity of mind
- Reducing stress using the simple breathing and relaxation techniques that can be done in just a few moments
- Relief from tension, chronic pain, and insomnia, among many stress-related health conditions
- Communicating more effectively with difficult co-workers
- Mental focus and productivity amidst 24/7 hyper-connectivity and distractions

Instructors: David and Karen Gamow, founders of Clarity Seminars. Their clients include NASA, Citrix, Nokia, Hyatt, GE, Stanford School of Medicine (and many other Stanford departments over the past 20 years), as well as the U.S. Navy.

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<tr>
<td>Fri, 2/5</td>
<td>9:00 am-12:30 pm</td>
<td>Clark Center, Rm 361</td>
<td>$100 (stap/ea: yes)</td>
<td>mam-01</td>
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</table>
Stress Management

Mindfulness-Based Stress Reduction (MBSR) co-sponsored with the 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. He has practiced dentistry in the Bay Area for more than thirty years, specializing in the treatment of chronic pain and temporomandibular disorders.

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<td>Li Ka Shing Learning Ctr., Rm 120</td>
<td>$330 (stap/ea: yes)</td>
<td>msm-01</td>
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Note: All day retreat held on Saturday, 2/20, from 9am-5pm, in Alway M112

Mindfulness-Based Stress Reduction (MBSR) at Work

Simple mindfulness techniques, such as breath-based meditation and body scans, can profoundly transform the experience of our lives and allow us to uncover our natural state of ease and peace. This 6-week noontime class is a distillation of the Mindfulness Based Stress Reduction (MBSR) curriculum pioneered 30 years ago by Jon Kabat-Zinn. “MBSR at Work” teaches busy people how to cope with stress and anxiety by learning proven stress-reduction techniques. Included in the class fee is the text Full Catastrophe Living, by Jon Kabat-Zinn, handouts, and recorded meditations.

Instructor: Patty McLucas, CPT, wellness coach, and trained instructor of the Mindfulness-Based Stress Reduction curriculum. She is co-founder and owner of Breathing Room in San Mateo and Los Altos.

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<tbody>
<tr>
<td>Tue, 1/19-2/23</td>
<td>12:00-1:15 pm</td>
<td>Thornton Center, Rm 207</td>
<td>$215 (stap/ea: yes)</td>
<td>msmw-02</td>
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Note: Half day retreat held on Sunday, 2/7, from 1pm-5pm, in Thornton 211

Trigger Happy: Handling Hot Button Emotions

‘Emotional’ can be a bad word in our culture, but it’s often the way we react to our emotions that has the greatest negative impact on our health, not to mention the impact it can have on our relationships with colleagues and loved ones. There’s a space between an emotion and a response, and through practicing mindfulness we can strengthen our ability to pause in this space and make grounded choices about our thoughts and actions. In these 5 classes, based on principles from the widely renowned Mindfulness-Based Stress Reduction course, we will learn practical skills to more calmly handle our intense moments.

Instructor: Sarah Meyer, MA, completed her graduate degree in Counseling and Health Psychology from Santa Clara University. She is Manager of Operations for BeWell Advising at Stanford, and has worked as a mindfulness educator, counselor, and coach for over 10 years.

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<tr>
<td>Tue, 2/2-3/1</td>
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<td>Thornton Center, Rm 211</td>
<td>$150 (stap/ea: yes)</td>
<td>hhbe-01</td>
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Lantern is an online 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 starts with a simple self-assessment to understand participants' needs and identify strengths and challenges. From here Lantern creates a personalized program based on cognitive behavioral principles to help each individual work on areas that matter most to them—such as anxiety, stress, body image, and disordered eating behaviors. Lantern matches individuals with an experienced coach who supports them via phone and text message. Participants engage in forty 10-minute sessions over the course of 8-10 weeks, followed by a maintenance program that consists of 1-2 sessions per week for the remainder of the year. The program makes use of tools, practice, and information and lets participants track their progress toward individually selected goals.

Visit hip.golantern.com to learn more about Lantern's program.

Register anytime and begin the program immediately upon receipt of your registration confirmation.

**Special Two-Step Registration Process:**
1. Register for Lantern class at hip.stanford.edu
2. Receive email from Lantern with instructions for how to access your program

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

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<tbody>
<tr>
<td>Rolling start, 1/11-3/11</td>
<td>Self-paced approx. 8-10 weeks, with maintenance up to a year</td>
<td>$325 (stap/ea: yes)</td>
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Forgive for Good  *co-sponsored with the Stanford Center for Integrative Medicine*

The importance of practicing forgiveness has been extolled for centuries, but only recently has research demonstrated that forgiveness can reduce anger and depression as well as enhance hopefulness and self-efficacy.

This workshop series has 4 sessions of lecture and discussion interspersed with guided practice of forgiveness tools. The format is not intended as group therapy; but rather to teach self-care skills to heal old wounds and prevent new ones.

Workshop participants who complete the series will be able to:
- Describe the core components that create an interpersonal grievance
- Articulate a practical definition of forgiveness for improved understanding of self and others
- Explain new strategies for managing anger and hurt
- Understand the physiological response to positive and negative affective states
- Describe the advantages to forgiveness as a general problem-solving strategy
- Discuss ways forgiveness can be used to enhance interpersonal relationships
- Use the HEAL model of working through interpersonal grievances
- Practice the positive emotion refocusing technique
- Learn how to practice forgiveness to prevent conflicts

Instructor: Dr. Frederic Luskin, PhD, Director of the Stanford Forgiveness Project. Dr. Luskin is the author of Forgive for Good. His PhD is in Counseling Psychology from Stanford University and he is a Senior Fellow at the Stanford Center on Conflict and Negotiation.

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<tr>
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<td>Hoover Pavilion, 211 Quarry Rd, Rm 201</td>
<td>$250 (stap/ea: yes)</td>
<td>for-01</td>
</tr>
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</table>
Mindful Moms  
co-sponsored with the Stanford WorkLife Office

Mindful Moms is a 10-week evidence-based wellness group for moms. Neuroscience research has demonstrated the powerful benefits of mindfulness meditation, as well as its ability to reduce stress, improve mood and treat chronic conditions, including anxiety and depression.

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 relating 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!

PLEASE NOTE: Mindful Moms is FREE for all post docs, students (grads and undergrads) and their partners/families! Please contact HIP at healthimprovement@stanford.edu for special registration instructions. Help us spread the word about this opportunity to learn mindfulness-based stress reduction tools and join a sweet circle of moms! Tell all your friends!

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

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<td>$315 (staff/ea: yes)</td>
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NEW | Ayurveda Lifestyle: Take Health Into Your Own Hands

Mahatma Gandhi believed that teaching us to live in harmony with nature should be the purpose of medicine. This purpose is realized in the 5,000 year old medical science of Ayurveda. In this 6-week course, you will learn Ayurveda's health promoting wisdom and become empowered to live an Ayurvedic lifestyle. This program presents foundational concepts of Ayurveda, offered in an accessible, hands-on manner. You will walk away from each class with easy-to-employ diet and lifestyle tools that enhance overall health. These include:

- Simple dietary shifts to improve your digestion
- Foods and lifestyle practices to boost immunity
- All-natural ways to ensure sound and peaceful sleep
- Daily routine strategies to maximize productivity
- Effective, time-tested stress management tools
- Self-care practices that enhance mental health
- Creating your own garden pharmacy for common ailments

Instructors: ‘Shaaranya’ Geetanjali Chakraborty has an MS in Biochemistry and research experience in Molecular Biology at Georgetown University and Stanford University. She is a Certified Ayurveda Clinical Specialist and serves as an Associate Faculty Member at Vedika Global, where she teaches about kitchen nutrition. Ananta Ripa Ajmera is a Certified Yoga Teacher, Ayurveda Health Practitioner, and NYU Stern Business School graduate. Ananta is Associate Faculty at Vedika Global, where she teaches Ayurveda lifestyle and Yoga.

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<tbody>
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<td>$200</td>
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</table>
Renew: This Ones for You: Refresh, Restore, Renew!

Feeling pressed for time? This renewing series of four 75-minute meetings is aimed at using your 24/7 well. You can learn how to be effective and fulfilled both at work and at home. You can catch your breath; do some thinking, discussing, planning and start to develop some solutions. You will see how to be a great juggler; how to say "yes" and "no" at the right time; how to surf the relentless waves of change; and how to bounce back and bounce forward.

The purpose is for you to be whole and healthy so you and your world can flourish. The gatherings – with the same group of people – are confidential, engaging, practical and enjoyable. Class size is limited, so sign up early to reserve your space. As one person from the spring 2015 group said, "I very quickly connected with colleagues and realized that while my pressures/stresses were common among the group, the responses to them varied. I learned so much from them!"

Instructor: Linda Hawes Clever, MD, a Stanford undergraduate and medical school alumna. Over the last 17 years, as founder and president of RENEW, a non-profit, she has worked with faculty, staff, and graduate students here and elsewhere who want to maintain robust vitality, outlook and purpose. She is author of The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life.

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<td>Center for Clinical Sciences Research (CCSR), Rm 4107</td>
<td>$150</td>
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</table>

Values-Based Resilience and Health Behaviors

When individual values, thoughts, words and actions are synchronized, this enhances personal resilience and reduces stress. This workshop helps you to cultivate consistency among your values, thoughts, words and actions. Values-based alignment supports your ability to sustain the healthy behaviors you have chosen for your life. Workshop activities offer you the opportunity to:

- identify your personal values
- clarify the role of various types of values
- implement a plan for activating your values-awareness into action to reduce stress, promote resilience and sustain healthy behaviors

Instructor: Tia Rich, PhD, HIP Senior Health Promotion Specialist, and Contemplation by Design managing director.

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<td>$50</td>
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Exploring Life in the Human Body through Poetry

What does it mean to not only exist, but to thrive, inside one’s body in the 21st century, with the longest lifetime expectancy in human history? By focusing on poems that engage and challenge both the physical aspects, and the mysteries of the human body, this class will empower us to deepen awareness and shed light on our innate understanding of ourselves. Studies have revealed that expressive writing and therapeutic poetry writing can show statistically significant improvements in “physical health, reductions in visits to physicians, and increased immune system function,” as well as “increase insight, self-awareness, and adaptive healthy functioning” (McArdle & Byrt 2001).

This 3-session discussion-based and creatively-generative class will be divided into 3 parts: the devotional, the diminutive, and the transformative. After reading and discussing published poems, we will address these 3 aspects of life in the human body by writing poems that are grounded in the concrete and physical world.

Instructor: Jacques Rancourt M.F.A. Jacques was a 2012-2014 Wallace Stegner Fellow at Stanford and a 2011-2012 Halls Emerging Artist Fellow at the Wisconsin Institute for Creative Writing. His poems have appeared in over 50 nationally-recognized literary journals, including the Kenyon Review, Virginia Quarterly Review, New England Review, and Best New Poets 2014.

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<td>$90 (stap/ea: yes)</td>
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Health Enrichment

**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 every day activities. Sit comfortably at your desk, 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.

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<td>$160</td>
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**Spinefulness Plus: Focus on Hips and Lower Back**

This 6-session class will combine the 4-session Spinefulness class with two extra awesome classes that pay special attention to the hips and low back. One of the biggest causes of back and hip pain comes from tight hamstrings. You will learn specific guidelines to align your bones naturally so the tight steel bands of your hamstrings can relax, and your hips and low back find comforting relief.

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<td>$225</td>
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**Spinefulness Focus: Hips and Lower Back**

If you have taken a Spinefulness or Balance Center class before and would like to take your spine health to the next level, we invite you to take these 2-sessions focused on hips and lower back as a stand alone class. One of the biggest causes of back and hip pain comes from tight hamstrings. You will learn specific guidelines to align your bones naturally so the tight steel bands of your hamstrings can relax, and your hips and low back find comforting relief.

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<td>Li Ka Shing Learning Ctr., Rm 306</td>
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Instructors: Jean Couch, Founder and co-director of the Balance Center, is the author of *The Runner’s Yoga Book*. For over 25 years, Jean has been involved in empirical research studying populations of people without back or joint pain. Jenn Sherer, co-directs the Balance Center and is passionate about helping others take charge of their own relief through the awareness of Spinefulness.

**Back Relief: A Little Awareness Goes A Long Way**

What if you could stop or even reverse the erosion of your back and joints? Find out what to do every time you sit to be aligned and relaxed. Sound too good to be true? Come experience for yourself how to feel better. Once you know this information you can use it everywhere: at your desk, in your car, at the movies. This practice can be a solution for all types of tension, aches and pains: neck, shoulder, back, hips, knees, and feet. A little awareness goes a long way!

Instructors: Jean Couch, Founder and co-director of the Balance Center, is the author of *The Runner’s Yoga Book*. For over 25 years, Jean has been involved in empirical research studying populations of people without back or joint pain. Jenn Sherer, co-directs the Balance Center and is passionate about helping others take charge of their own relief through the awareness and guidelines of Spinefulness.

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</table>
Health Enrichment

NEW | Walk This Way
There is compelling evidence that over the past 100 years the populations of industrialized countries have drifted away from the somatic heritage of their forbearers. We have adopted postural habits which are dramatically different from those used historically and still found in non-industrialized peoples today. In this 2-session class, you will learn the Gokhale Method™ which is designed to help people in modern industrial society restore their natural posture and regain pain-free lives.

Day 1: Introduction to the art and science of healthy posture and the elements of healthy gait.

Day 2: Reinforces gait lessons learned in Day 1 and explores yoga poses, dance movements, and exercises as extensions of healthy gait. You will be able to build a workout using principles of healthy gait that can be used as an office break or exercise routine.


TWO OPTIONS:

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<td>1070 Arastradero Rd., Rm 202A/B</td>
<td>$80</td>
<td>wtw-02</td>
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NEW | Core Fundamentals: Strengthen from Your Center
Your core muscles can be vital to your well-being and quality of life. Because they serve to stabilize the spine, everything you do during the day – work, exercise, hobbies, playing with kids, taking care of your home, etc. – involves the use of these muscles.

This 2-session workshop will help to demystify “the core.” We will cover core anatomy and basic biomechanics, why it is so helpful to strengthen these muscles, and most important, how to do so safely. Learn simple exercises you can incorporate into your daily activities that will not only strengthen your core, but reduce the risk of back pain, and improve balance and posture.

Participants will leave the first class with a specific goal to work on. In the second class, we will review safety concerns and build upon the exercises learned in week 1. Everyone will leave the second class with a long-term plan. The goal of this workshop is to provide the knowledge and hands on experience you need to give you stability and strength to fully enjoy your life activities now – and in the future!

Instructors: Jennifer Robinson, PhD, Stanford Nutrition Studies Group Program Manager. Kristin Strellis BS, CPT.

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<td>$50</td>
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NEW | WEBINAR: Own Your Workout
Are you trying to develop your own fitness program, but are unsure that it has the right components to help you reach your fitness goals? Developing a personalized, well-rounded, and strategic fitness plan will help you meet your goals sooner, save you time, and keep you at the top of your health by reducing the occurrence of injury and setbacks.

Join us for this 2-session webinar as we cover the basics of fitness program design, including American College of Sports Medicine exercise protocol; nutrition tips for energy, hydration, and aiding muscle repair; basic mechanics of good form, and overcoming barriers. You will leave the first session with the tools to begin designing your own fitness plan. Session 2 is optional, but highly encouraged. We will spend time answering questions, discussing strategies, and trouble-shooting challenges. Leave this class with the confidence to implement your fitness plan, make informed nutrition choices, and own your workout!

Instructors: Amanda Perez, BA (Sociology and Exercise Science), NASM CPT; Nathan McKenzie, MPH, ACSM CPT; Cecille Tabenero, BS (Kinesiology), NASM CPT. Ashley Gephart, MA CPT; Marlon John, BS (Exercise Science), NSCA-CPT, AASDN. Amanda, Nathan, Cecille, Ashley, and Marlon are all BeWell Wellness Advisors and combined, have more than 50 years experience as personal trainers, fitness instructors, and health coaches.

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<td>12:30-1:30 pm</td>
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<td>train-30</td>
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Register online at http://hip.stanford.edu
Creative Play 2016

“We don’t stop playing because we grow old; we grow old because we stop playing.” George Bernard Shaw

Let’s Play!

So we can feel young and energetic:
Playing can boost your energy and vitality and even improve your resistance to disease. Play can trigger the release of endorphins, the body’s natural feel-good chemicals.

To stimulate our minds and help us focus:
Young children often learn best when they are playing—and that principle applies to adults, as well.

To improve our relationships and our connection to others:
Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others.

Experience the replenishing gift of Creative Play in 2016. Learn ways to develop your playful nature and positive outlook on life, de-stress your body and mind, and enjoy the conviviality of community. This 4-session class will include creative games, joyful music and rhythm making, theater play, fun writing and reciting. Oh yes…and a whole lot of laughs!

As a participant in this class you will have an opportunity take part in the much anticipated April 2016 Stanford Live performance of “Bolero Silicon Valley” (a jubilant theatrical celebration of our unique community). See the Stanford Live 2016 website for details about Keigwin + Company and Bolero Silicon Valley.

Instructor: Deanna Anderson. Deanna is a dancer, dance instructor, Certified Action Theater Coach and Director, and Registered Somatic Movement Therapist and Educator (RSMT/E), with over 25 years experience serving people through expressive and performance arts.

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Healing Touch: Level 1

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 recipient in the position to self-heal. In Level 1, you will learn techniques to use on yourself, your family and friends, and to incorporate into your professional practice if you are a health care provider. Healing Touch recipients report effects ranging from deep relaxation to a more vivid sense of mind-body-spirit connection and many people report significant relief from physical pain. Healing Touch comes from an energetic perspective and is proving to be very effective as a complimentary modality in the hospital environment. Currently, Healing Touch is being used in several capacities at Stanford University Medical Center.

This class is open to anyone who is interested in learning more about energy work and healing. The purpose of the class is to enable the learners to be able to practice Healing Touch techniques and self-care from a holistic approach. This is the first class in the Healing Beyond Borders HTI Certification program and provides 18 continuing education contact hours for nurses and massage therapists. Registration closes February 20.

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

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<td>9:00 am-6:00 pm</td>
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<td>$350</td>
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</table>
Health Enrichment

**Pre-Diabetes…A Wake Up Call: What To Do About Elevated Blood Sugars**

The number of Americans diagnosed with diabetes has tripled over the past 30 years. A combination of genetic susceptibility and lifestyle may be responsible for this dramatic increase over such a short span of time. The good news is that those who are at risk can slow the progression and even prevent diabetes from ever developing.

In this 2-session class, we will focus on the lifestyle changes that have been shown to delay and prevent diabetes more effectively than medications alone. We will discuss the basic physiology of the disease path towards diabetes, and zero in on what you can do specifically with nutrition, physical activity, and handling stress to slow, stall, and even reverse this path.

**Instructor:** Dalia Perlman, RD, CDE. Dalia has provided prediabetes/diabetes counseling at Palo Alto Medical Foundation for the last 15 years. She is also a research dietitian with Dr. Tracey McLaughlin at Stanford studying fat cell function. Dalia is also a Health Educator for Christopher Gardner’s “One Diet Does Not Fit All”.

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<td>$75 (STAP/EA: YES)</td>
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**NEW | Exploring “The Mask You Live In” (for men and those who love them)**

Most men are given mixed messages about how best to “be a man”, and very little support for developing a full emotional range, or even permission to connect with themselves emotionally. How a man defines masculinity and how he relates to that definition (concern about not being good enough, strong need to prove himself, etc.) has tremendous consequences for the individual man’s health outcomes, his relationships, and his citizenship in the world. More specifically, when men feel insecure of their level of masculinity they often act out in ways that hurt themselves and others. 

Join this 2-session HIP class in which we will show Jennifer Siebel Newsom’s (Producer of “Miss Representation”) latest film: “The Mask You Live In” and follow the next week with a moderated discussion about the pervasive culture that breeds these assumptions and behaviors, the challenging consequences for both genders, and some practical solutions to restore or maintain healthy self-esteem and balance. This course is open to people of any gender. There may be a guest appearance by one of the teachers featured in the film who is in residence at Stanford this year.

**Instructors:** Donnovan Somera Yisrael, MA, I Thrive @ Stanford, Vaden Health Center. Mr. Yisrael is the winner of the 2012 Amy Blue Award for exceptional dedication to his work at Stanford. Jane Rosten, LCSW, psychotherapist, and HIP health educator.

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<td>$60</td>
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**Getting Older: Don’t take it Sitting Down!**

Do you feel too young to get older? What exactly is healthy aging? The answers are different for different people at different stages of life. Based on the latest research by experts in the field of growing older, this 2-session class will cover ways to live longer and better.

Session 1 will focus on helping you take charge of your body and mind. What specific kind of exercise do you need to emphasize in your fitness program? What specific kinds of food do you need to be eating? What can you do to remain mentally sharp?

Session 2 will focus on taking charge of your life. What myths do you have about getting older? What do you need to relinquish and move on to? What does generativity versus stagnation mean to you? If youth, health, beauty, and power supposedly recede as you get older, why do studies tell us older people are the happiest age group of all? This paradox of aging and other topics will be explored.

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

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</table>

Register online at http://hip.stanford.edu
**Disease Prevention and Management**

**Better Choices, Better Health**
co-sponsored with Stanford Coordinated Care

This 6-week workshop, also known as the Chronic Disease Self-Management Program, 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 over 15 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.

Instructor: Alexandria Blacker, MPH. Ms. Blacker works as the Community Programs Coordinator for the Stanford Coordinated Care Clinic. She is a certified Master Trainer for CDSMP and has a background in public health, wellness and health coaching.

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<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>Wed, 1/20-2/24 5:30-7:30 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 205/206</td>
<td>$160 (STAP/EA: YES)</td>
<td>bcbh-01</td>
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</table>

**Health Improvement Program**
650-723-9649

**Online Weight-Loss Program for Diabetes Prevention**

Join this 16-week, online program to lose weight, develop healthy habits, and reduce your risk for chronic diseases, like type 2 diabetes. Prevent 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.

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 Prevent participant loses 11 pounds at 16 weeks. *Register anytime and begin the program within 2 weeks of your registration date.*

**Special Two-Step Registration Process:**
Step 1 - Visit www.preventnow.com/su and click “Get Started” to verify your eligibility and sign up.
Step 2 - Return to the HIP site to register for Prevent.

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

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<td>Rolling start, 1/11-3/11 TBD</td>
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<td>$475 (STAP/EA: YES)</td>
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**Prevent Online Weight-Loss Program for Diabetes Prevention**

Join this 16-week, online program to lose weight, develop healthy habits, and reduce your risk for chronic diseases, like type 2 diabetes. Prevent 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.

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<th>CLASS</th>
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<tr>
<td>SPH16-Exploring The Mask You Live In (for men and those who love them)</td>
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<td>SPH16-Healthy Kitchen: The Mediterranean Way</td>
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<td>SPH16-First Aid</td>
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<td>SPH16-Webinar: Own Your Workout</td>
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<td>SPH16-Making, Spending and Saving It’s About Time</td>
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<td>SPH16-What to Do About Elevated Blood Sugars</td>
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<td>SPH16-Optimizing Resilience and Reducing Stress</td>
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<td>SPH16-Starting the Journey</td>
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<td>SPH16-Living in the Human Body through Poetry</td>
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<td>SPH16-Mindfulness-Based Stress Reduction (MBSR) at Work</td>
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<td>SPH16-Active Transportation Consulting - 6 sessions, one hour</td>
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Full class description and registration at hip.stanford.edu
Stanford Health Improvement Program

MSOB, 1215 Welch Rd.
Stanford, CA 94305-5411
I.D. Mail Code: 5411

Please visit our website
hip.stanford.edu