



# HEALTHY LIVING

SUMMER QUARTER  
CLASS SCHEDULE  
JUNE 25 - AUGUST 31  
[HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)

35 Celebrating  
years



HEALTH IMPROVEMENT PROGRAM

# HEALTHY LIVING CLASSES

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# HEALTHY LIVING REGISTRATION INFORMATION & POLICIES

REGISTER ONLINE AT [HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)

## Three ways to pay:

- Credit card
- Check/Cash – Please note: If you pay by check, you are not confirmed, nor guaranteed a space in the class, until HIP receives payment.
- STAP or EA Funds

## 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. 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 credit card or check 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 (minimum variable by class). Refunds will be issued for cancelled classes.

[HEALTHIMPROVEMENT@STANFORD.EDU](mailto:HEALTHIMPROVEMENT@STANFORD.EDU) | (650) 723-9649 | [HTTP://HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)

Class times, locations, and instructors are subject to change from the listing in this schedule of classes.  
Please refer to [hip.stanford.edu](http://hip.stanford.edu) for the most current information.

# STAY COOL. BEWELL. Engage.

Don't let the stress of looming deadlines keep you from a healthy summer.  
Choose the Engagement option that best meets your needs and earn the maximum BeWell incentive:

## Coaching

*Get more personalized wellness support*

## Healthy Work Environment

*Build relationships with your colleagues by focusing on wellness together*

## Commitment to Family or Community

*Support your family or community in pursuing better well-being*

## Class

*Take a pre-approved in-depth wellness class*

**Log in at [bewell.stanford.edu](http://bewell.stanford.edu) to complete Engagement, improve your well-being and earn the maximum BeWell incentive.**



# AN INTERVIEW WITH OUR ASSOCIATE DIRECTOR JOYCE HANNA

**How long have you worked at HIP?**

Wow, it's been 27 years! I wouldn't still be working if I didn't really enjoy my job; find a lot of meaning in it; and feel like I'm making a contribution.

**What do you like about working at HIP?**

It's important to me that HIP's programming are all science-based. I like and appreciate my colleagues. We're a group of professional, cooperative, positive people, all of whom are dedicated to promoting the mission of HIP. We all value each other and the contributions we make. Like all health professionals, I like to help make positive changes in people's lives. I love to study, learn, develop and give classes to the Stanford community, and I appreciate how our extremely well-educated and informed population keeps me on my toes.

I enjoy working with cancer survivors in our Living Strong Living Well program because we're helping the participants have a better life. It's a 12 week strength and fitness community program that we run in 13 different centers, mostly Ys. Over 3,000 people have come through the program. Finally, I enjoy putting on our annual Healthy Living Retreat for Women because it provides cutting edge research on health for the woman who attend.



Joyce Hanna, MA, MS, Associate Director of HIP

**How did you get started at HIP?**

I first got interested in the health promotion profession by reading Jack Farquhar's book, "The American Life Need Not Be Hazardous to Your Health." (Jack is founder of the Stanford Prevention Research Center, as well as the person responsible for starting HIP). After I read the last page, I thought, "Yes! Let's focus on disease prevention, as well as curing disease".

I went back to school and got a second master's degree. My first master's degree had been in education from Stanford; this one was in exercise physiology and nutrition, and the two worked well together in what I ended up doing with HIP. Upon completion of my degree, I interviewed with Wes Alles, our then – and current – Director. He gave me a little research project to do as a temporary part-time employee. Fast forward to the present time and I'm the Associate Director of HIP and have enjoyed working here for 27 years.

**Were you always interested in the field of health promotion?**

It started when I took up running. I read Ken Cooper's iconic book, called "Aerobics", which recommended doing different physical activities. This book encouraged me to take up running. I started running before the fitness boom, and women running on the streets was not the commonplace sight it is today. First I ran down to the corner. Then I ran to the second corner and back. I had people ask me as I jogged by them, "what are you doing?" People yelled at me out of their cars when I started running farther. They had not seen a woman running in the streets before. My interest in running grew into a more general interest in health.

By the time the fitness boom and the running interest had become more mainstream, I was running in the Bay to Breakers in SF, then on to many marathons. At one point, I was ranked 14th in the nation in my age group! Exercise and wellness go together so it was natural my interest expanded to having a healthy lifestyle, not just for me, but for others too.

I think I will always have an interest in health promotion. It's a thrill to work with people and celebrate with them as they enjoy all the benefits of more energy and better health.

# CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

## NEW | WEBINAR: EMOTIONAL INTELLIGENCE – A CRUCIAL TOOL TO MANAGE STRESS

This noon-hour webinar will address the important role that emotional intelligence, also known as EQ, plays in the management of stress. The four domains and sub-elements of EQ will be defined, including the historical background. Specific behavior change tools and strategies to enable participants to increase their EQ levels will be recommended. By the end of the webinar the participant will know the potential health benefits of mastering EQ skills. The presentation will include multiple links and references to serve as theoretical and practical follow up such as books, articles, tests differentiating abilities and traits, and exercises.

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

DAY	DATE	TIME	LOCATION	FEE	CODE
TUE	8/7	12:00-1:00pm	Your computer	\$35 (STAP/EA: TBD)	eiw-30



## NEW | EXPLORING EMBODYING THE DIVINE AND DIVINING THE BODY FOR A MEANINGFUL LIFE

Receive inspiration and skills to deepen meaning and purpose in your personal and professional life by immersing in the beauty and transformative representations of the integrated mind, body and spirit at the San Francisco Asian Art Museum's "Divine Bodies" special exhibit. Centered around the exhibit experience, this 3-session, arts-based, work-life skills and well-being program provides a unique opportunity to meet yourself more fully and discover ways to authentically express yourself.

Session 1) Lecture: Class meeting at Stanford will provide a framework, a compass, and outline for this transformational learning endeavor. A self-assessment activity for setting learning goals for personal and professional life will be included.

Session 2) Experience: In San Francisco, view the Asian Art Museum's special exhibit of Divine Bodies with a private, expert docent who will guide us into a deeper appreciation of how the artistic portrayal of the body illuminates human values, ideals, and transformative aspirations. There will be time for personal engagement with the art.

Session 3) Reflection and Integration: Class meeting at Stanford for conversation about the exhibit experience. Facilitated discussion will identify ways to integrate the workshop skills into daily habits for ongoing enrichment of personal and professional life.

This class cultivates kinesthetic and emotional intelligence and promotes the human capacities inherent in a meaningful life including: attention, imagination, concentration, resilience, vitality, compassion, devotion, and gratitude. Class lectures and activities draw on research and practices from art, physiology, psychology, neuroscience, philosophy and wisdom traditions.

NOTE: Stanford employees can use their provided clipper card pass for train travel to SF.

**Instructor:** **Tia Rich**, PhD, Contemplation by Design 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. She also is a pastel portrait artist.

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE/THU	7/10-7/19	5:15-6:15pm	Education Bldg. (Cubberly), Rm 313	\$225 (STAP/EA: TBD)	eddb-01

# CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

## 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	7/12-8/2	4:00-5:30pm	Webb Ranch, 2720 Alpine Road, Portola Valley	\$320 (STAP/EA: YES)	srphi-01

## EQUINE-IMITY: SOMATIC HORSEMANSHIP – 1-HOUR INDIVIDUAL SESSION

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 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. You will be contacted within 5 business days of registration to schedule an appointment.

DAY	TIME	LOCATION	FEE	CODE
M-TH Appointments	10:00am-2:00pm	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. For the 4-week class, Dr. Kane will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.

## FINDING INNER BALANCE WITH HEARTMATH: TOOLS & TECHNOLOGY TO REDUCE STRESS & ADD HEART

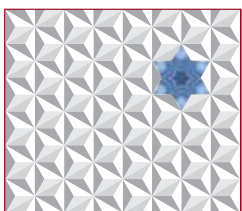
*We all have the power to use our hearts to transform stress and enhance our personal and work life.*

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

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

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

DAY	DATE	TIME	LOCATION	FEE	CODE
THU	8/9	1:30-5:00pm	Li Ka Shing Learning Ctr., Rm 304/305	\$250 (STAP/EA: YES)	heart-01



## CONTEMPLATION BY DESIGN

October 30 - November 8, 2018

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

# CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

## 5 X 10: TEN MINUTE MINDFULNESS PRACTICES TO DO ANYTIME, ANYWHERE

You've heard about the benefits of mindfulness for reducing stress, improving sleep, and elevating the experience of daily living, and you'd like to get started... but don't have much time to spare.

This workshop-style class is designed to provide a low-friction entry into learning and benefiting from foundational mindfulness practices. In these eight sessions, you will learn five practical and replicable practices, and ways to implement them into your life without requiring extra time. With just a shift in awareness, these practices can be done simultaneously with daily activities at work or home. You'll receive fundamental, experience-based instruction in meditation and mindfulness derived from the Mindfulness-Based Stress Reduction curriculum, and the latest science demonstrating the benefits to brain, body, and mind.

**Instructor:** **Patty McLucas** is the Founder of Mindful Wellness, elevating the performance of organizational leaders through training in stress reduction, mindful eating, sound sleep and leadership communication. She is a public speaker on these topics and on mindfulness, resilience, and group health behavior. For more information about Patty, please see [www.mindfulwellnessgroup.com](http://www.mindfulwellnessgroup.com).

DAY	DATES	TIME	LOCATION	FEE	CODE
T/TH	7/31-8/23	12:00-1:00pm	HRP-Redwood Bldg., Rm 138B	\$180 (STAP/EA: YES)	5X10-01

## HEADSPACE – MEDITATION MADE SIMPLE

Headspace is your very own personal guide, here to help you train your mind. Meditation is a way to give your mind the time to pause, detach, and re-energize in order to manage stress, increase happiness, and boost focus for sustainable high performance.

Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, and reduce stress and mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. Meditation in general has been found to improve sleep, anxiety, working memory, and pain management.

With this **digital** program's 1-year subscription, you'll have access to every meditation and mindfulness exercise in the Headspace Library as well as animated lessons that teach you how to use mindfulness to improve your overall sense of well-being. That means over 650 hours of unique, guided content. Lessons and exercises focus on topics ranging from pain management to relationships to creativity and last anywhere from 2 to 60 minutes. Completion of the Basics series is recommended before progressing to other packs.

Special Two-Step Registration Process:

Step 1 – Register for the Headspace program at [hip.stanford.edu](http://hip.stanford.edu)

Step 2 – Receive email from HIP with unique code and instructions for how to access your program

DATES	TIME	FEE	CODE
Rolling Start	Self-paced	\$35 (STAP/EA: YES)	headspace-30

## THE HEROIC JOURNEY: A CREATIVE PATH TO TRANSFORMATION

*"Our experience quite literally is defined by our assumptions about life. We make stories about the world and to a large degree live out their plots. What our lives are like depends to a great extent on the script we consciously, or likely unconsciously, have adopted."* – Carol Pearson, *The Hero Within*

We live in our stories. Our brains naturally organize our experience of events into a narrative structure that gives our lives a sense of wholeness and coherence. The Hero's Journey, popularized by Joseph Campbell, describes the existential process we all go through as we live in, and adjust to changes in our world and ourselves. The need to expand the constructs of our mind and perceptions may arise many times in our lives. Within a larger context, even negative experiences can begin to take on a constructive meaning.

Research now suggests that the impact of creative practices on well-being include an improved immune system, reductions in stress and anxiety, increases in positive emotions, and improved health. In this 4-week class, we will explore the power of mindset and perspective through engaging narratives and discussions, creative projects, personal reflection, and storytelling. Gain the tools and support needed for personal transformation by answering the call and taking the first steps across the threshold. Join us!

**Instructor:** **Dominique Del Chiaro**, M.Ed., is the Manager of HIP's Healthy Living Program and a seasoned educator, transpersonal life coach, mentor teacher, and dance and fitness instructor. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero's Journey and rites of passage.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	8/15-9/5	5:30-7:00pm	Li Ka Shing Learning Ctr., Rm 205/206	\$200 (STAP/EA: YES)	hero-01

# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## NEW | INTUITIVE INTELLIGENCE MEDITATION

Increase your intuitive intelligence, while sharpening your mind! Accessing your intuition is like having a GPS guide you through your professional and personal life. Intuition enhances your logical mind, providing you with a 'gut check', to aid with discernment and choices.

You may have already experienced moments of being guided by your intuitive wisdom. Imagine what it would be like if you simply knew which direction to take in your life, and what choices to make on a day-to-day basis to accomplish what's important to you. This 2-session class teaches you simple ways to connect with your internal GPS, trust your inner vision, and act on your instincts.

To continue practice connecting with your intuition in daily life, participants will receive a series of 10-20 minute guided meditations, through the Lovegarden Meditations App.

**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 teaching individuals and organizations, including Oracle, eBay, and Genentech.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	7/11 & 7/18	12:00-1:15pm	HRP-Redwood Bldg., Rm T138B	\$75 (STAP/EA: YES)	iimed-01

## LANTERN - ONLINE PROGRAM FOR REDUCING STRESS, ANXIETY, OR DEPRESSION

Lantern is a go-at-your-pace mobile program designed by Stanford researchers that draws from over 10 years of research on technological applications for improving emotional wellbeing. Lantern's evidence-based program helps individuals strengthen overall resilience; manage stress, anxiety, and depression; and develop effective coping strategies through short daily exercises with professional coaching. The Lantern program is based on Cognitive Behavioral Therapy (CBT) and mindfulness, and helps individuals focus on what matters most to them and find tools for their situation. The program includes core conceptual areas from evidence-based approaches such as how to become aware of and change thoughts, how emotions and behaviors are interrelated, relaxation training, behavior change, mindfulness, and habit formation. Participants complete the program on an app on their phone and tend to access their program 2+ times per week for approximately 10-15 minutes to track, learn, and practice techniques. Participants typically complete the program in 2-4 months.

Two step registration process:

Step 1 – Register for Lantern class at [hip.stanford.edu](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, CBT, and motivational interviewing. Your Lantern coach will provide you with 1-on-1 guidance, encouragement, and support via phone and in-app messaging throughout your program. Your coach will also help tailor your program experience to your personal needs and goals.

DATES	TIME	FEE	CODE
Rolling start	Self-paced	\$350 (STAP/EA: YES)	lant-30

## LIFE'S PURPOSE WORKSHOP: EXPLORING PURPOSE FOR HEALTH, HAPPINESS, AND LONGEVITY

*"The meaning of life is to find your gift. The purpose of life is to give it away." – Pablo Picasso*

Have you ever wished for more professional and personal fulfillment? In the past few decades, studies on longevity have shown that people who live a "purpose-driven life" not only find more meaning and fulfillment, but are also healthier and happier. In this 5-session workshop, you will learn why purpose is important to your health, and we will take a methodological approach to finding your purpose and putting it in the driver's seat for living a healthier and more fulfilled life.

By the end of this class, participants will be able to:

- ☼ identify the health benefits of having purpose in life (such as reduced stress, anxiety, better sleep, lower mortality)
- ☼ recognize their values (reflection activities and conversations on personal values systems)
- ☼ define the positive impact of value-based behaviors on health (review the effect of value affirmation in behavior change)
- ☼ uncover their passion and talents/gifts through reflection, worksheets, and guided discussion
- ☼ align values, passions, and gifts with purpose (class activities to define top 5 passions and top 5 gifts in a purpose formula)
- ☼ draft and use one's Purpose Statement to develop a plan of action for living a healthy, purpose-driven life

**Instructor:** **Susan Saba**, MPH, has a background in health education program planning, group facilitation, and health behavior change. Prior to joining HIP, she worked at Stanford Prevention Research Center (SPRC) as a social research professional on health outcomes and chronic disease prevention.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	8/1-8/29	12:00-1:15pm	HRP-Redwood Bldg., Rm T116	\$200 (STAP/EA: YES)	lpw-01



# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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

*Two class options:*

### Tuesday Evenings

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

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	6/26-8/14	7:00-9:30pm	Li Ka Shing Learning Ctr., Rm 130	\$330 (STAP/EA: YES)	msm-01

NOTE: Saturday Retreat 8/11 from 9a-5p in Li Ka Shing Learning Ctr., Rm 101/102.

### Wednesday Mornings

Instructor: **Patty McLucas** is the Founder of Mindful Wellness, elevating the performance of organizational leaders through training in stress reduction, mindful eating, sound sleep and leadership communication.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	7/11-8/29	6:30-9:00am	Li Ka Shing Learning Ctr., Rm 308	\$330 (STAP/EA: YES)	msm-02

NOTE: Sunday Retreat 8/12 from 9:30a-4:30p in Li Ka Shing Learning Ctr., Rm 306.

## PERSONALIZED STRESS REDUCTION

This 3-session personalized program is designed for people who would like to understand and learn ways to better manage the stress in their lives. Whether stress manifests as anxiety, depression, or physical agitation or illness, mindfulness practice can lead to a reduction in symptoms and an increase in quality of life. With 1:1 support in a comfortable, individualized setting, you will practice mindfulness techniques and learn strategies such as breath awareness, meditation, body scan, and gentle yoga. We will practice awareness of automatic thoughts, re-framing, and connecting to the values informing the life you want to live.

You will be contacted within 5 days of registration for scheduling.

Instructor: **Patty McLucas**, Founder of Mindful Wellness, delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford's Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for HIP.

Appointments: Tuesdays 2-3pm and Wednesdays 11am-2pm.

DAY	LOCATION	FEE	CODE
T/W appts.	TBD	\$275 (STAP/EA: YES)	psrp-04b

Instructor: **Sarah Meyer-Tapia**, MA, Counseling and Health Psychology from Santa Clara University. Sarah is Manager of Operations for BeWell Coaching at Stanford and works as a health coach and instructor of stress-management and mindfulness programs. Sarah is a trained instructor in Mindfulness-Based Stress Reduction and has been working in the field of health and wellness for 15 years.

Appointments: Mondays, Tuesdays, Wednesdays and Fridays at the Main Campus.

DAY	LOCATION	FEE	CODE
M/T/W/F appts.	TBD	\$275 (STAP/EA: YES)	psrp-04



# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## NEW | THE POWER OF THE PAUSE MEDITATION RETREAT AT STANFORD

For thousands of years, people have taken contemplative retreats – time spent away from one’s normal life – for the purpose of cultivating resilience and equanimity, while deepening meaning, compassion, and wisdom. This Saturday immersion retreat offers you the experience of listening deeply to your body, spirit, and mind while being guided by an experienced teacher in a beautiful setting. Within the nourishing atmosphere and beauty of Stanford’s campus, a combination of teaching, practice, and reflection provides a transformative learning experience.

The schedule includes time for contemplative practice and walks among Stanford’s natural beauty and art supported by evidence-based contemplative teachings. Careful guidance and training is offered in several practices including ones that facilitate focused attention, embodiment, breath awareness, mindfulness, emotion regulation, values alignment, reflective insight, awe, self-compassion and loving kindness. This retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities on campus along with guidance on how to continue the “power of the pause” in your daily life.

**Instructor Tia Rich**, PhD, Contemplation by Design 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
SAT	7/14	9:30am-5:00pm	Education Bldg (Cubberly), Rms 313 & 334	\$175 (STAP/EA: TBD)	popmr-01



## SOUND IMMERSION EXPERIENCE - GONGS & SINGING BOWLS

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

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

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

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	7/12	6:00-7:30pm	Stanford Graduate Community Ctr., Havanna Rm	\$30 (STAP/EA: NO)	scir-01a
THU	8/9	6:00-7:30pm	Stanford Graduate Community Ctr., Havanna Rm	\$30 (STAP/EA: NO)	scir-01b

## SUN ENERGY: INTRODUCTION TO BREATHING

Summer is the season of playfulness. Days are longer, hence the earth receives more of the Sun’s energy. This is a great season for us to do so too. Join us for an hour of tapping into deep, restorative breathing, connecting to the energy and vibrancy of the sun, and celebrating the energy that it brings us.

**Instructor: Moj Razmi**, has taught yoga, group fitness, and Healthy Living classes for HIP for the past 13 years. She is an ERYT500 certified yoga instructor and Inspired Anusara teacher. She has completed more than 600 hours of yoga, breathing, meditation, ayurvedic and chakra workshops.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	8/15	12:00-1:00pm	3160 Porter Drive, Pacific Ocean Rm	\$30 (STAP/EA: YES)	seib-01

# CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

## WALKING MEDITATION IN NATURE

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

Learn firsthand what the new science of “awe” and the work of Dacher Keltner’s lab at UC Berkeley is confirming: opening yourself to beauty and wonder can lead to a greater sense of overall well-being and improved health. Research supports the physical (healthy immune system function, nervous system regulation), mental (calms the ruminating mind, and promotes creativity), emotional (promotes positivity), and social benefits of spending time in nature. Plus, it can be good exercise! Bring a water bottle and wear hiking attire appropriate for the weather. Hike will leave promptly at 10am.

**Instructor:** **Danny Goldberg** has led guided hiking tours and taught environmental education in California since 1999. Danny combines his passions for nature, health, meditation, and the arts to offer inspiring hiking experiences and new insight into the world around us.

*Two dates/walks to choose from:*

DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	7/21	10:00am-12:00pm	Upper Steven’s Creek County Park (Park off Skyline Blvd)	\$40 (STAP/EA: YES)	mwm-01b
DAY	DATES	TIME	LOCATION	FEE	CODE
SAT	8/18	10:00am-12:00pm	Pescadero Creek County Park (Park off Camp Pomponio Rd)	\$40 (STAP/EA: YES)	mwm-01a



# ENVIRONMENTAL HEALTH BEHAVIOR CHANGE

## ACTIVE TRANSPORTATION COUNSELING™

Learn to gradually expand your non-auto transportation without aiming for perfection. In this 1-hour session, in-person or in two 30 minute phone calls, talk with an experienced health behavior counselor to set goals and overcome barriers that stand between your good intentions and a more eco-friendly lifestyle. Even trying once a month can be a good start. In addition to environmental and economic benefits, active transportation provides great health advantages such as increased exercise and stress reduction.

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

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

DAY/TIME	LOCATION	FEE	CODE
By appointment	In person or by phone	\$100 (STAP/EA: YES)	atc-04



# HEALTH ENRICHMENT

## CREATIVITY AS YOUR PERSONAL WELL-BEING STRATEGY

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

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

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

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

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

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

DAY	DATES	TIME	LOCATION	FEE	CODE
TUE	8/7-8/21	1:30-5:00pm	Li Ka Shing Learning Ctr, Rm 208	\$225 (STAP/EA: YES)	cps-01

NOTE: Class 2 on 8/14 and class 3 on 8/21 are held from 12:00-1:15pm.

## GROUP DRUMMING: MAKING RHYTHM & MUSIC FOR YOUR BODY, MIND, AND HEART

Start your week with some rhythm! Join this 4-week class to experience the release of workday cares and share the joyful energy of making rhythm and music in community with others. Research findings support the physical, mental, emotional and social benefits of group music making. Participating in musical activities can reduce stress and foster relaxation, increase alpha brain wave activity and enhance creative thinking, help regulate our nervous system, support a healthy immune system, plus drumming in particular, is a safe and natural cardiovascular exercise.

- ⚙ Experience our natural rhythm, because we all have rhythm in us – *Honest!*
- ⚙ Explore rhythms from world cultures, and different music styles
- ⚙ Play a variety of stick & hand drums and percussion instruments
- ⚙ Create solid ensemble grooves that sound and feel great
- ⚙ Explore the natural rhythms of spoken word – a.k.a. poetry and rap

Plus! For those that are inspired to get up and move, dancer and longtime HIP instructor **Deanna Anderson** will lead optional warm-up stretches and creative rhythmic movement.

**Instructor:** **Peter Giordano**, founder and executive director of StoryTeller Project. Peter's career spans over 25 years as an arts educator, professional multi-instrumentalist musician, composer, and music director.

DAY	DATES	TIME	LOCATION	FEE	CODE
MON	7/9-7/30	5:15-6:30pm	Papua New Guinea Sculpture Garden	\$160 (STAP/EA: YES)	udrum-01

## NEW | INSPIRE! HOW TO BE A WELLNESS MENTOR

If you've recently made a lifestyle change and would you like to help others do the same, this noon-time, interactive class is for you. Translate your own success into a skills that will help motivate, assist, and encourage those around you. Learn how to be supportive while avoiding comments that may not be helpful, and get equipped with tips and tricks that get the conversation started and keep it moving in the right direction. In addition to learning how to be an effective mentor, you will learn how mentoring helps you inhabit and sustain your own healthy lifestyle changes.

**Instructor:** **Linda Adler**, MPH, MA, is the Founder and CEO of Pathfinders Medical, as well as the Principal at Linda Adler Consulting. A former Stanford student and health policy researcher, Linda found success with her own weight management issues through the HIP weight management class, and she is excited to share both her personal experience and professional coaching and mentoring background to help others achieve their goals.

DAY	DATE	TIME	LOCATION	FEE	CODE
THU	7/12	12:15-1:30pm	Li Ka Shing Learning Ctr., Rm 306	\$40 (STAP/EA: YES)	wllmn-01



# HEALTH ENRICHMENT

## NEW | KNOWING AND USING YOUR STRENGTHS

This course is designed to help you understand and focus on your unique talents that can be developed into true strengths. According to the Gallup Organization, individuals who use their talents and strengths each day are six times more likely to be engaged in their work, their careers, and their lives.

During this facilitated course, you will see new ways to view yourself and your co-workers. We each have talents and when we honor the talents in ourselves and others, we can create a powerful and positive work environment. Join us to:

- ⚙️ Learn the difference between talents and strengths
- ⚙️ Identify ways to develop your talents into strengths
- ⚙️ Find ways to use your talents each day and support others to do the same

As a part of this course, participants will receive a code for the Clifton StrengthsFinder assessment. Participants are asked to complete this 35-minute online assessment prior to class. The tool identifies your top five talents from the list of 34 potential strengths. Please bring this list of top 5 strengths to class.

Facilitator: **Patty Purpur de Vries**, MS, Associate Director of Strategy and Engagement for the Health Improvement Program and BeWell.

DAY	DATE	TIME	LOCATION	FEE	CODE
THU	8/2	12:00-1:30pm	Li Ka Shing Learning Ctr., Rm 208	\$65 (STAP/EA: YES)	kuys-01

## PARTNER SHIATSU

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

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

*Two classes/dates to choose from:*

### Neck and Shoulder Release

Learn bodywork techniques specifically for the neck, upper back, and shoulders.

DAY	DATE	TIME	LOCATION	FEE	CODE
THU	7/12	6:15-7:30pm	Stanford Red Barn (100 Electioneer Rd.)	\$65 (STAP/EA: YES)	shi-02

### Hands and Feet

Learn bodywork techniques to apply to overworked hands and feet.

DAY	DATE	TIME	LOCATION	FEE	CODE
THU	8/23	6:15-7:30pm	Stanford Red Barn (100 Electioneer Rd.)	\$65 (STAP/EA: YES)	shi-03

## NEW | PERSONALIZED FITNESS DESIGN

This 3-session individualized program is designed for those who would like guidance and/or support to begin, sustain, or ramp up their exercise endeavors. Whether you'd like to start a walking program, improve your cardiovascular function, body composition, flexibility, or just explore new ways to get active, these 1:1 sessions with an experienced exercise physiologist and wellness coach will help you to create a safe, fun, and effective plan of action. Meeting in a supportive and non-judgmental space, you will be able to set goals, review progress, explore challenges, and refine your plan to make physical activity a rewarding and core component of your healthy lifestyle. This is a non gym-based program focused on empowering individuals to become self-managers of their health.

Note: The first session is 1-hour followed by two 45 minute sessions. You will be contacted within 5 days of registration for scheduling.

Instructor: **Cecille Tabernero**, MS, CPT, EP-C, is a certified ACSM Exercise Physiologist and Health Screening Manager for the BeWell program. Cecille has over 20 years of experience in the field of exercise physiology, physical training, health and wellness. She believes in "meet people where they are" in order to build a foundation and establish rewarding and sustainable healthy habits.

DAY/TIME	FEE	CODE
By appointment	\$275 (STAP/EA: YES)	pf-d-04

# HEALTH ENRICHMENT

## NEW | THE POWER OF BELIEFS ON HEALTH

*The right mindset means small changes yield big benefits*

Have you ever wondered where to start on your journey to better health? Research has shown that making small changes to our lifestyle – for example, using smaller plates – can improve our health. In this 75 minute class, we will learn how our health mindset influences both the likelihood that we will sustain a healthy lifestyle change, and the resultant benefits of that change on our health. For example, recognizing when your activities of daily living actually meet the current physical activity guidelines can translate to a reduction in blood pressure or weight, without adding in additional exercise. We will learn about the concepts of self-efficacy, outcome expectancy, and locus of control; their relationship to our mindsets about health; and how to use this knowledge to make subtle attitudinal shifts that should result in increased effectiveness of small lifestyle changes.

Participants will be encouraged to apply the knowledge that they learn in class to one real-life small behavior change they want to try.

**Instructor:** **Debbie Balfanz**, PhD is Manager of the Stanford Group Behavior Change/Weight Management Program. Since coming to HIP in 2002, she has been applying social psychological principles of behavior change to encourage individuals to make small tweaks to improve their lifestyle.

DAY	DATE	TIME	LOCATION	FEE	CODE
MON	7/23	12:00-1:15pm	Clark Center, Rm s361	\$35 (STAP/EA: TBD)	pbh-01

## REIKI ENERGY HEALING – LEVEL 1

Reiki is a natural healing art in which universal life force energy is applied with light touch, either on or slightly above certain areas of the body. This awakens the body's own wisdom and natural healing powers, inducing a state of deep relaxation and balanced energy.

In this 4-session class, the history, benefits and principles that guide the practice of Reiki will be introduced. You will learn the basic hands-on healing positions and how to receive an energetic attunement. The human bio-energy field and techniques of energy perception, cultivation, grounding and clearing will be discussed and experienced. Students will practice self-healing and giving and receiving Reiki sessions to classmates. Leave class with the confidence to share Reiki with your family, friends, pets, and plants.

Your level 1 certificate allows you to advance to Level 2 Reiki training when desired.

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

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	7/11-8/1	5:30-7:30pm	Li Ka Shing Learning Ctr, Rm 208	\$200 (STAP/EA: YES)	rh-01



## Wellness On Wheels

**Are HIP classes too far from your work location?  
Let us bring one to your Stanford department.**

FOR MORE INFORMATION VISIT US AT [HTTP://HIP.STANFORD.EDU](http://hip.stanford.edu)



## SITTING COMFORTABLY AT YOUR COMPUTER STATION

Would you benefit from customized help at your workstation? Even with good ergonomic equipment, the way you use your workstation can make all the difference. Improving habits for sitting and standing comfortably at your computer can relieve stress. You will learn to make small adjustments in commonly used actions at your desk, improve skeletal support in your chair and while standing in order to alleviate pain in your neck, shoulders, back, and arms. Take the guesswork out of working pain free – prevent injury and reverse bad habits before they become chronic.

**Instructor:** **Jean Elvin**, MFA, GCFP, is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics at Environmental Health and Safety. Jean also teaches "Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension" for HIP. Class code: feld-01.

DAY/TIME	LOCATION	FEE	CODE
By appointment	Your workstation	\$110 (STAP/EA: YES)	SCCS-02

# HEALTH ENRICHMENT

## SLEEPPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM

Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked to 7 of the 15 leading causes of death in the United States, including heart disease, cancer and stroke. Sleepio is a digital sleep improvement program, scientifically proven to work. Over several weeks, you'll learn evidence-based techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind' and to overcome worry and other negative emotions that accompany the experience of being unable to sleep.

The program consists of automated weekly sessions of about 15 minutes each, which you can view wherever and whenever is convenient for you, on your computer, tablet or phone. You'll also gain access to a library of articles and guides that cover common problem areas like pregnancy, shift work, and jet lag.

To get started:

Step 1 – Discover your Sleep Score for free at <https://www.sleepio.com/stanford>

Step 2 – Register through HIP and continue with the full online sleep improvement program

**Instructor:** Sleepio's virtual sleep expert, **The Prof**, will guide you through the program. The Prof will help you get your sleep back on track by providing techniques tailored to your specific problems and progress.

DAY	TIME	FEE	CODE
Rolling start	Self-paced	\$300 (STAP/EA: YES)	sleepio-30

## SPINEFULNESS – SUMMER FOUNDATIONS INTENSIVE

Are you plagued by chronic tension, stress, aches or pains? Are you fit, but injured? Whether you are a high performance athlete or someone who sits all day, having your bones work for you, instead of against you, will relieve your pain and allow your body to regain it's natural strength and efficiency.

In this 5-session week-long intensive, we will examine alignment in sitting, standing, bending, walking, and sleeping. You will learn to sense the interplay between muscle tension and bone alignment in all of these activities. Simple, yet profound changes will help you find and keep your "spinefulness". This class is great for beginners or those ready to take their posture awareness to the next level. Note: Please wear loose comfortable pants to class (no jeans).

**Instructor:** **Jean Couch**, Founder of the Balance Center, is the author of *The Runner's Yoga Book*. For over 30 years, Jean has been involved in empirical research studying populations of people who have no back or joint pain.

DAY	DATES	TIME	LOCATION	FEE	CODE
M-TH, S*	7/16-7/19, 7/21	12:00-1:00pm	Li Ka Shing Learning Ctr., Rm 308	\$240 (STAP/EA: YES)	spinefi-01

\*Saturday, July 21 class will be held from 10:30am-12:30pm at the Spinefulness Studio in Palo Alto.



## SUMMERTIME IN THE GARDEN

*This class is co-sponsored with the School of Earth, Energy & Environmental Sciences*

When we care for our gardens, we're also caring for ourselves, breathing fresh air, growing healthy food, and spending time in nature. The rhythms of the garden can facilitate mindfulness and contemplation, and offer opportunities to engage with nature in positive and rejuvenating ways.

Join this 4-session class at the O'Donohue Family Stanford Educational Farm classroom to explore the connections between gardening and wellness. You will learn the practices that enhance mind, body, and garden health. Each session will consist of a classroom learning component followed by a practical learning component in the garden. Course topics include garden ergonomics and stretches, mindfulness practices, prepping and planting garden beds, crop planning, nutrition for humans and gardens, managing pests and diseases organically, and recognizing and promoting ecological balance.

**Instructor:** **Anna Lee** 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. Anna loves gardening, baking, and running far.

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

# HEALTH ENRICHMENT

## NEW | THRIVING THROUGH CHANGE AND LIFE'S TRANSITIONS

*"Look on every exit as being an entrance somewhere else." – Tom Stoppard*

Any major life transition can bring a bundle of mixed emotions: concerns about letting go and of loss; uneasiness around process and the unknown; and curiosity and hope for new beginnings. We know change is a constant in life, but the way we deal with all the aspects of change defines the personal development and growth that we can gain in the process.

In this workshop, we will provide you with scientifically proven methods on how to embrace life transitions with energy and focus, how to understand the challenging emotions of change, how to develop new sense of purpose, and how to grow in the midst of change.

**Instructor:** **Susan Saba MPH.** Susan has a background in health education program planning, group facilitation, and health behavioral change. Prior to joining HIP, she worked at Stanford Prevention Research Center (SPRC) as social research professional on health outcomes and chronic disease prevention.

DAY	DATE	TIME	LOCATION	FEE	CODE
FRI	7/27	12:00-1:00pm	Center for Clinical Sciences Research, Rm 4205	\$35 (STAP/EA: YES)	ltw-01

## TIME MANAGEMENT FOR LESS STRESS AND MORE JOY

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

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

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

DAY	DATES	TIME	LOCATION	FEE	CODE
MON	7/23 & 7/30	12:00-1:00pm	Center for Clinical Sciences Research (CCSR), Rm 4107	\$60 (STAP/EA: YES)	tmmj-01

## THE ART OF ALOHA

Sometimes when life feels out of balance, we need to stop for a moment and realign ourselves with our true intentions. The knowledge and practical self-care skills that are developed as a way of life in Hawaii is understood in the practice of Aloha. Understanding and practicing the traditions and culture of Aloha can serve as a model for how to value each person, and provide a new way to embrace your own personal development. Join Diane Grace (Kumu Kamaolipua) from the Big Island as she shares stories, wisdom and teachings passed down to her from her ancestors, elders and teachers to engage in the authentic meaning of Aloha. In this 2-hour Art of Aloha workshop:

- Learn and start to practice the skills and traditions of the ancient Hawaiian custom called Ho'okipa (hospitality)
- Learn how to use the tenets of Ho'okipa to develop your own daily practice for more peace and harmony in your life
- Learn the importance of sharing this art and teaching to build community, environment and enrich your family connections
- Learn how to apply the experiences of meditation and journaling from a Hawaiian perspective, to develop a sense of peace and inner harmony
- Learn about thought-provoking activities that will assist you in awakening the na'au (intuition) to help develop problem solving behaviors
- Learn to apply the principles of Ho'okipa and na'au to guide you to greater potential and the ability to hear your own guidance and directives for a more fulfilling life

**Instructor:** **Diane Grace,** is a life coach, certified ho'oponopono practitioner, speaker, workshop facilitator, and Kahu (ordained Hawaiian minister). She believes that the lessons her Hawaiian culture teaches can make a difference in people's lives.

DAY	DATES	TIME	LOCATION	FEE	CODE
FRI	8/3	12:00-2:00pm	Clark Center, Rm s361	\$60 (STAP/EA: NO)	aloha-01



# HEALTH ENRICHMENT

## NEW | VITALITY = VIM = VIGOR: A NEW YOU FOR SUMMERTIME AND MORE

This class will focus on keeping your vitality bucket full. We will start with discussing how your bucket can leak and how you could scrape bottom. We will show practical ways to restore energy by being in touch with your values, building healthy relationships, connecting your brain and body and engaging in smart health practices (even sleep!). By the end of our class you will have do-able action items to buoy you now and in the future.

**Instructor:** **Linda Hawes Clever**, MD, is a Stanford undergrad and medical school alumna. Over the last 19 years as founder and president of the non-profit RENEW, she has worked with faculty, staff, and graduate students here and elsewhere who want to maintain robust vitality, outlook and fulfillment. She is author of *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*.

DAY	DATE	TIME	LOCATION	FEE	CODE
WED	8/8	12:00-1:15pm	Li Ka Shing Learning Ctr., Rm 208	\$40 (STAP/EA: YES)	VVV-01

## WELLNESS COACHING

Are you eager to make lasting change in an important area of your well-being?

*What is Wellness Coaching?*

During these 5 Wellness Coaching sessions, you will work one-on-one with an experienced coach who will support you in uncovering your motivations and leveraging your strengths to reach personal goals and sustain healthy behaviors. Your coach will partner with you as you set clear and attainable goals in each session, and help you navigate the path to success.

The first session is a 1-hour conversation, usually conducted via phone, with the option of doing it in-person. The initial session is followed by 4 subsequent 15-30 minute telephone conversations.

*What Wellness Coaching is it NOT*

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

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

**Coach:** **Julie Anderson**, MPH, has been with HIP since 1991 and is currently the Manager of the BeWell Wellness Profile Program. Julie has a BS in Health Fitness, a masters in Public Health, and holds a Wellness Coaching certification through Wellcoaches®. As a working mom in her early 50s, Julie knows what it's like to juggle work, marriage, parenting a young child, and prioritizing wellness.

DAY	LOCATION	FEE	CODE
TBD	Phone	\$275 (STAP/EA: YES)	well-04a

**Coach:** **Debbie Balfanz** received her PhD in Social Psychology from Princeton and came to HIP in '02. As both the Manager of HIP's group weight management programs, and as a working mom, she understands the realities of trying to fit in physical activity and healthy eating while living a busy life. She enjoys helping others identify and manage their barriers to a healthy lifestyle.

DAY	LOCATION	FEE	CODE
WED appts.	TBD	\$275 (STAP/EA: YES)	well-04b

**Coach:** **Jayna Rogers**, MPH, is the Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management, smoking cessation, weight management, women's health and wellness coaching for long-term behavior change.

DAY	LOCATION	FEE	CODE
TBD	Phone	\$275 (STAP/EA: YES)	well-04d

**Coach:** **Elizabeth Skolnik**, Certified Professional Coach, brings to the table experience as a Wellness Coach with the Stanford BeWell Program and Leadership Coach within the corporate world. She has a long career working with individuals wishing to make lasting behavior change in the areas of decision making, emotional regulation, and living a more balanced life. She will meet you where you are with compassion, non-judgment and insight.

DAY	LOCATION	FEE	CODE
TBD	Phone	\$275 (STAP/EA: YES)	well-04c

# NUTRITION / WEIGHT MANAGEMENT

## FOOD TRENDS: WHERE ARE WE NOW? THE EVIDENCE BEHIND POPULAR FOODS & DIETS

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

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

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

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

DAY	DATES	TIME	LOCATION	FEE	CODE
THU	7/26-8/9	12:00 -1:15pm	Education Bldg. (Cubberly), Rm 334	\$100 (STAP/EA: YES)	ftnut-01



## NEW | GETTING IN THE MOOD: HOW DIET IMPACTS MENTAL WELL-BEING

There is increasing evidence that nutrition is one of the major modifiable risk factors in maintaining mental health, yet there is very little knowledge in the general population about the associations between diet quality and prevalence and symptoms of depression and anxiety. Symptoms of many nutrient deficiencies often present themselves in form of mood disturbances prior to manifesting themselves physiologically (e.g iron deficiency). Improving diet quality can be one of the first steps one can take to improve their mood and overall well-being.

This class will provide an overview of the existing evidence of the links between diet and anxiety and depression and provide practical food-based recommendations that may help with mental health. A handout and list of key references will be provided to participants. You will learn:

- ✧ The major nutrients that are involved in mood regulation (e.g. iron, zinc, magnesium, omega-3 fatty acids)
- ✧ How excess intake of some nutrients can contribute to poor mood (e.g. sugar, saturated fat)
- ✧ How psychological and physiological stress may increase the need for some nutrients
- ✧ How each food group contributes to intake of certain nutrients, and the recommended daily intake of each food group based on existing food-based dietary guidelines

**Instructor:** **Maryam Hamidi**, MSc, PhD, is a research professional at the Stanford Medicine WellMD Center.

DAY	DATE	TIME	LOCATION	FEE	CODE
FRI	7/20	12:00-1:00pm	Clark Center, Rm s361	\$30 (STAP/EA: YES)	dda-01

## NEW | HEALTHY KITCHEN 201: WHAT'S FOR DINNER?

Is decision fatigue affecting your ability to cook regularly? We often find ourselves at the end of a long day too tired to think about what to cook, let alone finding the energy to cook.

This 3-part class will help ease some of the process and cover different ways to meal plan so you can find a way that excites you. Each class will include a food demo and tasting of a recipe that you can use as-is or modify to your own tastes at home. Participants are expected to share their go-to recipes and inspiring cooking ideas throughout the class. We will be meal planning together and discussing challenges along the way.

**Instructors:** **Rosalynne Tu**, MS, RDN, is a dietitian and cooks for a family of four, including two small children. She is currently a Wellness Coach and the Manager of Operations for BeWell, Biometrics.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	8/1-8/15	1:15 -2:15pm	SLAC Building 51, Rm 305	\$125 (STAP/EA: YES)	hkmp-02

# NUTRITION / WEIGHT MANAGEMENT

## KURBO - DIGITAL HEALTH COACHING PROGRAM

Kurbo is a 12-week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthier, exercise more, and manage weight. Rather than focus on calorie counting, Kurbo utilizes the proven Traffic Light food classification system to help you understand food choices, find healthy substitutions, and gradually decrease the number of red lights (unhealthy foods) over time. The Kurbo curriculum is based on proven behavior modification strategies for weight management and the research-based concept of Supportive Accountability, which is the belief that participant success and adherence is greatly improved through a support network of family and friends.

In this program, your **personal behavior coach** will keep you accountable and motivated with weekly check-ins over video chat and/or text. You will learn simple behavior modification strategies and tools such as goal setting to help you reach your health goals. Between coaching sessions, you will track your food and exercise behaviors in the app and have access to learning materials like videos, cookbooks, and shopping lists to keep you motivated and on track. Lessons cover topics such as reading a food label, understanding portion size, meal planning, exercise strategies, and tips for eating out.

DAY	TIME	FEE	CODE
Rolling start	Self-paced	\$225 (STAP/EA: YES)	kurbo-30

## NUTRITION HACKS: TIPS FOR EATING 10% HEALTHIER FOR THE OVER-SCHEDULED

Sugar is the reason for all of your problems. Oh, no wait, it's gluten's fault. Maybe it's your microwave?! Are you exhausted by contradicting nutrition rumors or the peer pressure to detox with kale shakes?

Come to this 2-session nutrition workshop to get science-based tips on eating healthier, coupled with actionable moves you can try without overhauling your budget – or your lifestyle. We'll even take a virtual "mini grocery store tour" through Trader Joe's and identify some healthy swaps for those not-so-healthy 'go to' foods. You'll use goal-setting guidelines to set up a nutrition test drive for the next week. During the second session we will review your progress and provide you with research-based behavior change ideas to help your modifications stick for the long run. We'll finish with Q & As, and if there's time, we'll walk-through a virtual party to navigate the buffet.

**Instructor:** **Marilyn Opezzo**, PhD, MS, RD, is a nutritional counselor, and has worked with a variety of populations with different goals: treatment of a medical condition, healthy eating in difficult situations, fueling for performance, and health promotion.

DAY	DATES	TIME	LOCATION	FEE	CODE
WED	8/1 & 8/8	12:00-1:00pm	Clark Center, Rm s361	\$50 (STAP/EA: YES)	nuth-01

## NEW | PERSONALIZED MENTORING FOR WEIGHT LOSS BEHAVIORS

You've successfully begun your healthy eating journey: now you need to deepen your practice to maintain your success. With a mentor by your side, you can increase your skills, learn new ones, and enjoy the support of an advocate to turn to when you run into inevitable challenges. Practice new behaviors together, get introduced to new strategies, and experience the many benefits of a personal mentor cheering you on your way.

Please note: The first session is 1 hour followed by two 45-minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

**Coach:** **Linda Adler**, MPH, MA, is the Founder and CEO of Pathfinders Medical, as well as the Principal at Linda Adler Consulting.. A former Stanford student and health policy researcher, Linda found success with her own weight management issues through the HIP weight management class, and she is excited to share both her personal experience and professional coaching and mentoring background to help others achieve their goals.

DAY/DATES	FEE	CODE
By appointment	\$250 (STAP/EA: TBD)	pmwl-04



# NUTRITION / WEIGHT MANAGEMENT

## PERSONALIZED NUTRITION COACHING

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

Our nutrition coaches are diversely qualified and have unique areas of specialization. Please read the instructor bios to select a coach that suits your personal interests and needs. Please note: The first session is 1 hour, followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment

**Coach: Christina Becker**, MPH, RDN, NBC-HWC, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 13 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. 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 a variety of nutrition topics including healthy and mindful eating, weight management, heart disease, diabetes, GI conditions, and nutrition for athletic performance. She also enjoys helping healthy individuals boost energy levels and improve overall wellbeing. Christina will support you with a compassionate and caring approach, and get you from "I should" to "I want and will" and, ultimately "I do".

Note: Christina's sessions are conducted over the phone or via video chat. Special requests for in-person appointments will be considered. Appointments are scheduled on Wednesdays and Fridays.

DAY	LOCATION	FEE	CODE
W/F appts.	Phone/video chat	\$275 (STAP/EA: YES)	pnc-04a

**Coach: Nicole Cooper**, ATC, RDN, NASM-CPT, has over 15 years of experience working in dietetics, personal training, and corporate wellness. She is currently a BeWell Coach. Nicole provides guidance on a variety of nutrition topics including weight management, heart disease, sports nutrition and diabetes. She enjoys helping others start with small steps to create lasting change. She will help tap into what motivates you and guide you to a successful outcome. Please note: Nicole's sessions are conducted over the phone.

DAY/TIME	LOCATION	FEE	CODE
By appointment	Phone	\$275 (STAP/EA: YES)	pnc-04e

**Coach: Shauna Hyde** is a registered dietitian and a certified diabetes educator with over 15 years of experience. She specializes in diabetes prevention and management, cholesterol management, weight loss and blood pressure control. She has worked at the Stanford Prevention Research Center and the Palo Alto Medical Foundation on a number of research projects, primarily providing lifestyle and cardiovascular risk factor reduction education to study participants. Shauna can help you improve your diet with simple, realistic modifications. Healthy meal preparation, grocery shopping, and eating out are all topics that she can help you improve. Shauna is an exercise enthusiast! She loves hiking, jogging, yoga, and kick-boxing. Shauna schedules appointments on Mondays, Tuesdays, and Thursdays between 9:30am - 3:00pm.

DAY	TIME	LOCATION	FEE	CODE
T/TH	9:30am-3:00pm	TBD	\$275 (STAP/EA: YES)	pnc-04d

**Coach: Natalie Lavorato** is a nutritionist with over 10 years of experience working as a Health Educator. Formally a Stanford BeWell Coach, Natalie is now a Program Manager for Kaiser Permanente's Medical Weight Management Program in Daly City. She is passionate about helping others tackle such issues as weight management, heart disease, nutrition for athletic performance and glucose management. Natalie can help you to make lasting lifestyle changes by beginning with small sustainable steps or simply improve on an already healthy lifestyle. Natalie schedules appointments between 10:00am - 3:00pm on Fridays.

DAY	TIME	LOCATION	FEE	CODE
FRI	10:00am-3:00pm	Phone	\$275 (STAP/EA: YES)	pnc-04f

**Coach: Rosalyn Tu**, MS, RDN, has been working as a dietitian for the past 15 years. She is trained on the topic of Eating Competence and is on a quest to counter the dieting pressures of our culture and help you find a guilt and deprivation-free way of eating that feeds the mind, body and spirit. She has a weight-neutral approach and can help guide you towards trusting your body to know how much to eat. Rosalyn schedules appointments between 1:00 - 4:00 pm on Wednesdays.

DAY	TIME	LOCATION	FEE	CODE
WED	1:00-4:00pm	Phone	\$275 (STAP/EA: YES)	pnc-04g



# NUTRITION / WEIGHT MANAGEMENT

## UNDERSTANDING THE SCIENCE OF WILLPOWER

*in managing your weight, exercise, and other health challenges*

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	DATE	TIME	LOCATION	FEE	CODE
TUE	8/14	12:00-1:15pm	Li Ka Shing Learning Ctr., Rm 120	\$40 (STAP/EA: YES)	USW-01



# PREVENTION & MEDICAL MANAGEMENT

## COMING THIS JULY - NEW | CHECK UP & CHOICES

CheckUp & Choices [C&C] is a confidential, online program for people concerned or wondering about their drinking and drug use. It is empirically supported: randomized clinical trials have demonstrated significant and sustained reductions in drinking. You will learn scientifically proven skills that help you live a healthier life with fewer alcohol-related problems.

The CheckUp is a 45-minute brief intervention that gives you objective, non-judgmental feedback about your drinking. The Choices modules are based on cognitive behavioral therapy (CBT) techniques that help you achieve your goal of moderation or abstinence; tools such as drink trackers, urge trackers, guided emails, and text reminders keep you engaged and on track. You can access your online account from any smartphone, tablet or desktop, so support is always within reach while keeping your data 100% private. C&C also offers abstinence programs for opioids, marijuana and stimulants.

DATES	TIME	FEE	CODE
Rolling start	Self-paced	\$190 (STAP/EA: YES)	cnc-30

## CPR & AED

CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Certificate of completion cards will be sent out 3-4 weeks after the class.

DAY	DATE	TIME	LOCATION	FEE	CODE
THU	7/26	1:00-5:00pm	Li Ka Shing Learning Ctr., Rm 101	\$120 (STAP/EA: YES)	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 of completion cards will be sent out 3-4 weeks after the class.

DAY	DATE	TIME	LOCATION	FEE	CODE
THU	8/2	1:00-5:00pm	Li Ka Shing Learning Ctr., Rm 209	\$120 (STAP/EA: YES)	first-01

# PREVENTION & MEDICAL MANAGEMENT

## OMADA – ONLINE WEIGHT-LOSS PROGRAM FOR PREVENTION OF DIABETES AND HEART DISEASE

Join this online health program to lose weight, develop healthy habits, and reduce your risk for chronic diseases like type 2 diabetes and heart disease. Omada is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. The program is all online, so you can participate via your computer, tablet, or smartphone, whenever it's most convenient for you. Over 225 Stanford University employees have already enrolled!

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

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

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

DAY	TIME	FEE	CODE
Rolling start	Self-paced 16 weeks, with maintenance up to a year	\$550 (STAP/EA: YES)	omada-30

## NEW | WEBINAR: PAIN PSYCHOLOGY – HARNESSING THE POWER OF THE MIND FOR PAIN RELIEF

Pain is relevant to all of us. Up to 100 million Americans are living with ongoing pain and it is the number one cause of work disability. Most people are interested in reducing or avoiding pain medications to minimize their health risks.

In this 60-minute webinar you will learn about the surprising power of pain psychology, including:

1. How your thoughts, expectations and beliefs about pain and treatments will determine how much pain you feel and how much treatment you need.
2. The science of how psychological treatment for pain changes your brain and reduces your pain.
3. How you can reduce pain and health risks by using evidence-based psychological strategies.

Attendees will receive a list of resources including articles, books, websites and webinars where you can learn more and pursue empowered pain relief.

**Instructor:** **Beth Darnall**, PhD is Clinical Professor at Stanford University. She is principal investigator for \$13 million in federal research that is investigating psychological treatment for chronic pain. She is passionate about educating patients and healthcare clinicians about effective, low-risk, low-cost strategies to reduce pain and suffering. She is author of 3 books: *The Opioid-Free Pain Relief Kit* ©2016, *Less Pain, Fewer Pills: Avoid the dangers of prescription opioids and gain control over chronic pain* ©2014, and *Psychobehavioral Treatment for Chronic Pain: The Evidence-Based Basics*, available in 2018.

DAY	DATE	TIME	LOCATION	FEE	CODE
TUE	7/24	12:00-1:00pm	Your computer	\$35 (STAP/EA: TBD)	pppsych-30

## 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 along with their families and dependents (14 years and older). Free over-the-counter aids for tobacco cessation are included.

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

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

SESSIONS	FEE	CODE
12 Sessions: Stanford University & families	\$0	sciq-04
12 Sessions: Community	\$275 (STAP/EA: NO)	sciq-04a



# ENGAGEMENT CLASSES

**NEW THIS YEAR** Completion of an approved Healthy Living Engagement Class earns the highest incentive offered in the BeWell Program - \$260.

Take this opportunity to dive deeper into a wellness issue that is meaningful to you. Both in-person and online engagement courses are available. Some restrictions apply. For more information, go to the [BeWell.stanford.edu](http://BeWell.stanford.edu)

## SUMMER QUARTER IN-PERSON COURSES

Exploring Embodying the Divine and Divining the Body for a Meaningful Life.....	5
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The Heroic Journey: A Creative Path to Transformation.....	7
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Mindfulness-Based Stress Reduction (MBSR).....	9
Mindfulness-Based Stress Reduction (MBSR).....	9
The Power of the Pause Meditation Retreat at Stanford.....	10
Creativity as Your Personal Well-Being Strategy.....	12

## SUMMER QUARTER ONLINE COURSES

Lantern – Online Program For Reducing Stress, Anxiety or Depression.....	8
Sleepio – Digital Sleep Improvement Program.....	15
Kurbo .....	19
OMADA – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease.....	22



# HIP Group Fitness Classes for Employee/Retiree Wellness\* Summer 2018 (6/25-8/31) Schedule--At-A-Glance

Health Improvement Program, website: <http://hip.stanford.edu>, Phone: (650) 723-9649 Email: [healthimprovement@stanford.edu](mailto:healthimprovement@stanford.edu)

Monday	Tuesday	Wednesday	Thursday	Friday
6:15/5:30am 6:30 Indoor Cycling Workout @ AOERC, Bikes	6:15 Circuit Weight Training @ ACSR Fitness 6:30 Sunrise Exercise @ Cobb Track	6:30 Indoor Cycling Workout @ AOERC, Bikes	6:15 Circuit Weight Training @ ACSR Fitness 6:30 Sunrise Exercise @ Cobb Track	6:15 Cycle & Core @ ACSR, Bikes/Fitness Ctr
7:00am 7:00 TRX/Yoga Core & Strength @ AOERC, 203	7:00 Boot Camp Drop 'n Go @ ACSR, Court 7:05 Circuit Weight Trng @ ACSR Fitness Ctr	7:00 Running Made Easy @ Cobb Track 7:00 TRX/Yoga Core & Strength @ AOERC	7:00 Boot Camp Drop 'n Go @ ACSR, Court 7:05 Circuit Weight Trng @ ACSR Fitness Ctr	7:00 Healthy Back Strong Abs @ ACSR, Studio 8:05 Yoga/Plates Fusion @ ACSR, Studio
10:00am 11:00 Senior Strong @ AOERC, Fitness Ctr 11:00 Boot Camp-Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC, Fitness Ctr 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:20 TRX @ SOM Sports Complex 11:30 Dance Rhythms @ ACSR, Court 11:30 Indoor Cycling @ 3145 Porter	11:00 Circuit Weight Trng @ 3160 Porter 11:00 TRX & Cycle Combo @ 3145 Porter 11:00 Plates Mat @ 3160 Porter, Studio 11:30 H.A.A.B.I.T. @ ACSR, Court 11:30 Healthy Back @ AOERC, Studio 203 11:30 Plates Mat @ Roble Studio 114 11:30 Prenatal Yoga @ ACSR Studio 11:30 TRX @ SLAC, Bldg. 55, Fitness Ctr 11:45 Chen Family Tai Chi @Dohmann Grove 11:45 Indoor Cycling @ ACSR, Bikes	10:00 Senior Strong @ AOERC, Fitness Ctr 11:00 Boot Camp Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC, Fitness Ctr 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:20 TRX @ SOM Sports Complex 11:30 Dance Rhythms @ ACSR, Court 11:30 Indoor Cycling @ 3145 Porter	11:00 Circuit Weight Trng @ 3160 Porter 11:00 TRX & Cycle Combo @ 3145 Porter 11:00 Prenatal Yoga @ ACSR, Court 11:30 H.A.A.B.I.T. @ ACSR, Court 11:30 Healthy Back @ AOERC, Studio 203 11:30 TRX @ SLAC, Bldg. 55, Fitness Ctr 11:45 Indoor Cycling @ ACSR, Bikes	11:00 Alligned Hatha Yoga @ SLAC, Bldg. 55 11:00 Boot Camp - Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC, Fitness Ctr 11:30 Yoga 4 Runners&Athletes @ ACSR Studio 11:30 Shaolin Kung Fu @ MSOB Courtyard 11:30 Soul Line Dance @ AOERC, Studio 111
11:45am 12:00 Circuit Weight Trng @ AOERC, Fitness Ctr 12:00 Conditioning Plates @ 3160 Porter, Studio 12:00 Healthy Back @ 500 Broadway St., RWC 12:00 Power Yoga @ Roble Studio 113 12:00 Running Made Easy @ Cobb Track 12:00 Yang Tai Chi/Qigong @ 800 Welch, 250E 12:00 Body Firm Super Sculpt @ Korei Plaza 12:05 Zumba @ AOERC, Court 12:10 TRX @ SOM Sports Complex 12:15 Cross Training @ SLAC, Bldg. 55 12:15 Middle Eastern Belly Dance @ Roble 114 12:15 TRX @ SLAC, Bldg. 55, Fitness Center 12:20 Zumba @ SLAC, Bldg. 55, Studio 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Boot Camp Drop 'n Go @ ACSR Court 12:30 Flow Yoga @ ACSR Studio 12:30 Indoor Cycling @ AOERC, Bikes	11:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 Circuit Weight Training @ ACSR Fitness 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Chinese Dance @ Roble Studio 115 1:05 Circuit Weight Trng @ 3160 Porter 1:15 Bombay Jam @ 3160 Porter Studio 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 HIT 30 min WO @ AOERC, Studio 111	12:00 Circuit Weight Trng @ AOERC, Fitness Ctr 12:00 Running Made Easy @ Cobb Track 12:00 Yang Tai Chi & Qigong @ 3160 Porter 12:00 Yoga Basics @ Roble, Studio 113 12:00 Body Firm Super Sculpt @ Korei Plaza 12:05 Zumba @ AOERC, Court 12:10 TRX @ SOM Sports Complex 12:15 Cross Training @ SLAC, Bldg. 55 12:15 Persian Dance @ Roble, 114 12:15 TRX @ SLAC, Bldg. 55, Fitness Center 12:15 Zumba @ 500 Broadway St. RWC 12:20 Zumba @ SLAC, Bldg. 55, Studio 12:20 TRX @ 3145 Porter 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Boot Camp Drop 'n Go @ ACSR Court 12:30 Indoor Cycling @ AOERC, Bikes	12:00 Beg, Ballet & Dance @ Roble Studio 115 12:00 Cardinal Fit Lap Swim @ Avery Aquatic 12:00 Circuit Weight Trng. @ ACSR, Fitness 12:00 Functional Strength @ AOERC, Fitness 12:00 TRX @ 3145 Porter Dr. Gym 12:00 Ummud & Thrive Yoga @ 3160 Porter 12:05 Dance Rhythms @ AOERC, Court 12:15 Indoor Cycling @ SLAC, Bldg. 55 12:20 Cardio Kickbox @ SLAC, Bldg. 55 12:20 Boot Camp Express @ ACSR, Court 12:30 Cardinal Fit Lap Swim @ Avery Aquatic 12:30 Healthy Back @ ACSR, Studio	12:00 Ballet & Barre Work @ Roble Studio 115 12:00 Circuit Weight Trng @ AOERC, Fitness Ctr 12:00 Power Yoga @ 500 Broadway, RWC 12:00 Power Yoga @ Roble, Studio 113 12:00 Yoga/Plates Fusion @ 3160 Porter 12:00 Yoga 4 Runners&Athletes @ ACSR Studio 12:15 Feldenkrais™ @ Roble, Studio 114 12:15 Indoor Cycling @ AOERC, Bikes 12:15 Indoor Cycling @ SLAC, Bldg 55 12:30 Body Firm/Super Sculpt @ ACSR, Court 12:30 Flow Yoga @ AOERC, Studio 203
12:00pm 1:00 Circuit Weight Trng @ AOERC, Fitness Ctr 1:00 Ummud & Thrive Yoga @ Littlefield Lawn 1:25 Body Firm/Super Sculpt @ 3160 Porter 1:30 Flow Yoga @ AOERC Studio 203	1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 Circuit Weight Training @ ACSR Fitness 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Chinese Dance @ Roble Studio 115 1:15 Bombay Jam @ 3160 Porter Studio 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 HIT 30 min WO @ AOERC, Studio 111	1:00 Senior Strong @ AOERC, Fitness Ctr 1:25 Body Firm/Super Sculpt @ 3160 Porter	1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Chinese Dance @ Roble Studio 115 1:05 Circuit Weight Trng @ ACSR, Fitness Ctr 1:15 Flow Yoga @ 3160 Porter Studio 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 Flow Yoga @ Roble Studio 113 1:30 HIT 30 min WO @ AOERC, Studio 111	1:10 Beginning Indoor Cycling @ AOERC, Bikes 1:30 Yoga/Plates Fusion @ ACSR, Studio
1:00pm 4:15 Beginning Swimming @Avery Rec Pool 4:25 TRX @ SOM Sports Complex 4:30 TRX & Cycle Combo @ 3145 Porter Gym	4:00 Vinysa & More @ 3160 Porter Studio 4:25 TRX @ SOM Sports Complex 4:30 Aqua Fitness @ Avery Recreation Pool	4:15 Beginning Swimming @Avery Rec Pool 4:25 TRX @ SOM Sports Complex 4:30 Barre Sculpt @ AOERC Studio 111 4:30 Begin & Intermediate Ballet @ AOERC 203 4:30 TRX & Cycle Combo @ 3145 Porter Gym	4:00 Vinysa & More @ 3160 Porter Studio 4:25 TRX @ SOM Sports Complex 4:30 Aqua Fitness @ Avery Recreation Pool	
3:00pm 5:10 TRX @ SOM Sports Complex 5:15 Boot Camp Drop 'n Go @ ACSR, Court 5:15 Gentle Yoga @ 3172 Porter, Rim 2100 5:20 TRX & Cycle Combo @ 3145 Porter 5:30 Boot Camp-Body Sculpt @ 3160 Porter 5:30 Hip Hop @ AOERC, Court 5:45 Weight Lifting Blast @ SLAC, Bldg. 55	5:00 TRX @ AOERC Fitness Center 5:10 TRX @ SOM Sports Complex 5:15 Zumba @ 3160 Porter Dr. Studio 5:15 Cycle & Core/TRX & Core @ 3145 Porter 5:15 Hatha Yoga/ Yoga w/ Alignment @ Ford Lawn 5:30 Aqua Fitness @ Avery Recreation Pool 5:30 Aging Strong Pilates @ AOERC St. 203 5:30 Aquatic Fitness @ Avery Recreation Pool 5:30 Bombay Jam @ AOERC, Court 5:30 Cross Training @ SLAC Bldg. 55 5:30 Cross Training @ ACSR Court 5:50 TRX @ AOERC, Fitness Ctr	5:10 TRX @ SOM Sports Complex 5:15 Boot Camp: Drop 'n Go @ ACSR, Court 5:20 TRX & Cycle Combo @ 3145 Porter 5:30 Boot Camp-Body Sculpt @ 3160 Porter 5:30 Hatha Yoga w/ Alignment @ AOERC, 203 5:30 Hip Hop @ AOERC, Court 5:30 Plates Mat @ 3172 Porter, Rim 2100 5:45 Weight Lifting Blast @ SLAC, Bldg. 55	5:00 TRX @ AOERC Fitness Center 5:10 TRX @ SOM Sports Complex 5:15 Zumba @ 3160 Porter Dr. Studio 5:15 Cycle & Core/TRX & Core @ 3145 Porter 5:30 Aqua Fitness @ Avery Recreation Pool 5:30 Bombay Jam @ AOERC, Court 5:30 Cross Training @ SLAC Bldg. 55 5:30 Cross Training @ ACSR Court 5:50 TRX @ AOERC, Fitness Ctr	
5:00pm 6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:05 Ummud & Thrive Yoga @ Li Ka Shing Ctr 6:10 TRX & Cycle Combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool	6:05 Cycle & Core/TRX & Core @ 3145 Porter 6:10 TRX @ AOERC, Fitness Ctr	6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:10 TRX & Cycle combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool	6:05 Cycle & Core/TRX & Core @ 3145 Porter 6:10 TRX @ AOERC, Studio 203	
7:00pm 6:05 Ummud & Thrive Yoga @ Li Ka Shing Ctr 6:10 TRX & Cycle Combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool	6:05 Cycle & Core/TRX & Core @ 3145 Porter 6:10 TRX @ AOERC, Fitness Ctr	6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:10 TRX & Cycle combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool	6:05 Cycle & Core/TRX & Core @ 3145 Porter 6:10 TRX @ AOERC, Studio 203	NOTE: Schedule subject to change. Check HIP website for an updated schedule.

\* Classes for SU Employees, Family and Retirees & Hospital Employees. Class registration begins Tues 6/12. Schedule of Classes available. Summer Quarter dates: June 25 – August 31.

**Key to Class Locations above:**

500 Broadway St, Redwood City, 2 <sup>nd</sup> flr	Avery Aquatic	Avery Aquatic Center, East campus	Littlefield Lawn	Littlefield Building, Lawn (Outdoors)	Roble Gym	Sudros 113, 114, 115
ACSR	Artlaga Center for Sport and Recreation	Cobb Track	Cobb Track/Angell Field (Outdoors)	Li Ka Shing Learning Center	SLAC, Bldg 55	Artlaga Recreation Center at SLAC
AOERC	Artlaga Outdoor Education Recreation Ctr	Dohmann	Dohmann Grove	MSOB	Grass near Medical School Office Bldg.	Sports Complex, outside MSOB Bldg
Avery Rec	Avery Recreation Pool, West campus	HHP T-138B.	Health Research Policy, Redwood Bldg	Porter	3145, 3160 & 3712 Porter Dr., studio/gym	