HEALTHY LIVING

FALL QUARTER
CLASS SCHEDULE
SEPTEMBER 24 - DECEMBER 7
HIP.STANFORD.EDU

CELEBRATING
35 YEARS

Stanford
HEALTH IMPROVEMENT PROGRAM
1) **Contemplative Practices, Resilience, and Stress Management**

- Enhancing Resilience By Cultivating a Contemplative Lifestyle .................................................. 6
- Equine-Imity: Stress Reduction in the Company of Horses ................................................................. 6
- Equine-Imity: Somatic Horsemanship – 1 Hour Individual Sessions .................................................. 6
- Headspace ............................................................................................................................................. 7
- Life’s Purpose Workshop ...................................................................................................................... 7
- Mindfulness-Based Stress Reduction (MBSR) ...................................................................................... 8
- Personalized Stress Reduction ............................................................................................................ 8

2) **Environmental Health Behavior Change**

- Active Transportation Counseling™ .................................................................................................. 9
- Climate Change – What You Can Do ................................................................................................... 9
- Is An Electric Vehicle Right For You? ................................................................................................. 9

3) **Health Enrichment**

- Awaken Your Natural Voice ................................................................................................................ 10
- Knowing and Using Your Strengths ..................................................................................................... 10
- NEW Living With Intention for a More Fulfilling Life ......................................................................... 10
- Oh For A Good Night’s Sleep: Using Mindfulness to Regulate Your Sleep and Your Life ................... 11
- Personalized Fitness Design ................................................................................................................ 11
- Reiki Energy Healing Level 1 ............................................................................................................... 12
- Reiki Energy Healing Level 2 ............................................................................................................... 12
- Sitting Comfortably At Your Computer Station .................................................................................. 12
- Sleepio – Digital Sleep Improvement Program .................................................................................. 13
- Spinefulness – Plus Focus On Knees .................................................................................................... 13
- Tending Your Fall Garden ................................................................................................................... 13
- The Gokhale Method: No More Aches and Pains .............................................................................. 14
- Traditional Oriental Medicine Self-Care Principles and Practices ..................................................... 14
- Wellness Coaching .............................................................................................................................. 15

4) **Nutrition / Weight Management**

- Boost Your Metabolism ....................................................................................................................... 16
- NEW Diet How To’s of Metabolic Homeostasis .................................................................................. 16
- NEW WEBINAR 5K and Beyond: Sport Nutrition Recommendations for Better Race Results .......... 16
- Holiday Eating - Breaking the Cycle .................................................................................................... 17
- Kurbo – Simple “Traffic-light” Weight Loss Program ......................................................................... 17
- Personalized Mentoring for Weight Loss Behaviors .......................................................................... 17
- Personalized Nutrition Coaching ......................................................................................................... 18
- Weight Management: Starting the Journey .......................................................................................... 19

5) **Prevention & Medical Management**

- CheckUp & Choices – Online Program for Alcohol and Substance Misuse ...................................... 19
- CPR & AED ...................................................................................................................................... 19
- First Aid .......................................................................................................................................... 19
- OMADA – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease ................... 20
- Smoking Cessation: Intentional Quitting ............................................................................................ 20
HEALTHY LIVING REGISTRATION INFORMATION & POLICIES
REGISTER ONLINE AT 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  |  (650) 723-9649  |  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 for the most current information,
In our 35th anniversary year, the Stanford Health Improvement Program pauses to highlight, and appreciate, two of our earliest employees, Julie Anderson and Tia Rich. From the beginning, Julie and Tia have worked to fulfill HIP’s mission to create a culture of wellness, promote the science of healthy living, and empower individuals to be self-managers of their health – while also encouraging them to support the wellness efforts of others.

Julie and Tia, you continue inspire your fellow HIPsters and we value your contributions beyond measure.

**Julie Anderson**

**How long have you worked at HIP?**
Since April 1991; many of my colleagues have been here with me for 10-25 years!

**What makes HIP so unique among employee wellness programs?**
I appreciate that we are located within the Stanford Prevention Research Center and consequently, we have a mission of providing science-based programs with a focus on prevention. HIP has been around for 35 years and we’ve always been a collaborative team who works well together. We care about our employees and community members. I love that we always respect participants’ current fitness levels and lifestyle habits; we meet people where they are to help them make and sustain healthy lifestyle behavior changes.

We offer participants many choices in how they engage in wellness. We have group fitness and healthy living (health education) classes that are offered either in-person or through online webinars. Individuals can participate in group classes, or take part in one of many individualized programs. We also work with many community organizations, such as the YMCA, to offer quality programming to community members, as well.

**How did you get started in the field of health promotion?**
I grew up in a home where both my parents were in the healthcare field. Much of my childhood was spent watching my parents care for people, either as part of their professions of nursing and hospital administration, or on a volunteer basis within the community, church, and school settings.

My undergraduate studies were in Health Fitness, which was a perfect combination of my interest in wellness and my love of sports; in the summers I worked at the hospital wellness center. I went back to school after working at HIP for over a decade and got my Masters in Public Health in Community Health Education. Since then, I have earned a certification in Wellness Coaching. I was part of the inaugural cohort to go on and get Nationally Board Certified as a Health & Wellness Coach in 2017.
Tia Rich

How long have you worked at HIP and how did you get started here?

In the crisp air and golden light of HIP's first Autumn I walked from the President's office to the plumbers shop; the libraries to the labs; delivering red delicious apples garnished with stickers of HIP's logo inviting faculty and staff to enjoy their new benefit. “Where People Blossom” silkscreened on my shirt was HIP's original tagline. People happily answered when I asked, “What matters most for your health and well-being?” Employees ranging from scientists, and doctors to clergy, poets, and housekeepers talked broadly about their health and well-being. During years of stretching, sweating, cooking and contemplating with employees, I have continued to listen in order to support them in what they value, namely to: Live what is wise. Express what is kind. Stretch what is stiff. Move what is sluggish. Eat what is whole. Do what is sustainable. Build what is better. Stop what hurts. Cease what is unjust. Clarify what is confused. Identify what is not yet seen. Share what helps.

Sandra Day O'Connor inspired me in her 1982 Stanford commencement address when she said “the main goal each of you should have in life is to solve problems and to help other people.” That really is the mission of HIP. In 1983, HIP emerged from research in the School of Medicine as a university-wide program. I joined a pioneering team preventing disease/promoting health via innovative community programs. Right away I felt a lasting kinship with people practicing the art and science of health promotion.

Becoming a health promotion professional began with Stanford undergraduate and master's studies in human biology and health psychology, and research experience. A 15-month residential certification program at The Himalayan International Institute of Yoga Science and Philosophy broadened my interdisciplinary approach, which is HIP's approach. In 1995, I earned a Ph.D. in Social Welfare from U. C. Berkeley which further equipped me with tools for problem solving and helping others. As a HIP manager, Contemplation By Design Director, and WELL for Life research assistant, I continue to grow to better serve participants.

What do you like about working at HIP?

Creation of health and well-being by the community for the community defines my work life. I’m honored to be invited by participants to support them in their process of cultivating health and well-being for themselves, their colleagues, families and communities. I’m grateful to be a member of a skilled team of caring and compassionate colleagues who both complement and compliment each other.
**ENHANCING RESILIENCE BY CULTIVATING A CONTEMPLATIVE LIFESTYLE**

Delight in developing daily lifestyle habits that render the resilience-building benefits of contemplative practices. Resilience is the ability to efficiently bounce back after hard times and adapt to change, and more importantly, to learn from both. This increases a person’s capacity to manage stress, deal with difficult feelings and handle what comes their way. Thus, resilience supports professional excellence. Fifty years of research has shown that contemplative practices, such as mindfulness, self-compassion, breathing, reflection, quieting the thinking mind through gentle movement, gratitude, journaling, awareness-awakening nature walks, and experiencing membership in something larger than your individual life, all enhance resilience.

This 2-session workshop, in conjunction with Stanford's 2018 Contemplation By Design (CBD) Summit, will equip you with a sequence of tools from the science of behavior change, (namely, identify the behavior change goal, develop a plan, evaluate the resources and barriers, act on plan for two weeks, reassess and revise plan as needed) for creating or strengthening your contemplative lifestyle routine. Enjoy developing a personal resilience-building lifestyle action plan during these two 1-hour sessions. Learn ways to deepen and enhance your engagement with the numerous contemplation-related opportunities offered in the CBD Summit, and thus maximize the benefits you receive from the free Summit sessions you attend.

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive.

**Instructor:** Tia Rich, PhD, is the Senior Specialist in Health Promotion. Dr. Rich’s creation and leadership of the Contemplation by Design (CBD) program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

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<td>10/17 &amp; 11/14</td>
<td>5:30-6:30pm</td>
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<td>$60</td>
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**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, aigong, 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 aigong 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.

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive.

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<td>$320 (STAP/EA: YES)</td>
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**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, aigong, 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.

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<td>$120 (STAP/EA: YES)</td>
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**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.
CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

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

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<tr>
<td>Rolling Start</td>
<td>Self-paced</td>
<td>$35 (STAP/EA: YES)</td>
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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)

PLEASE NOTE: This class qualifies for the 2018 BeWell Engagement incentive

Instructors: 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.

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.

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<td>$200 (STAP/EA: YES)</td>
<td>bpw-01</td>
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Health Improvement Program  650.723.9649
MINDFULNESS-BASED STRESS REDUCTION (MBSR)

This class is 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.

**PLEASE NOTE:** This class qualifies for a BeWell Engagement incentive

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

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<td>TUE</td>
<td>9/25-11/13</td>
<td>7:00-9:30pm</td>
<td>Li Ka Shing Learning Ctr., Rm 130</td>
<td>$330 (STAP/EA: YES)</td>
<td>msm-01</td>
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<td>Saturday Retreat November 3, Li Ka Shing Learning Ctr., Rm 101</td>
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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. Practicing mindfulness has been empirically shown to improve quality of life and reduce the symptoms of stress, whether it manifests as anxiety, depression, physical agitation, or illness. With 1:1 support in a comfortable, individualized setting, you will be introduced to mindfulness techniques such as breath awareness, meditation, body scan, and gentle yoga and begin to develop a practice that resonates with you and fits into your lifestyle. We will also practice awareness of automatic thoughts, re-framing, and connecting to the values that inform the life you want to lead. 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.

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**Health Improvement Program**

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**ENVIRONMENTAL HEALTH BEHAVIOR CHANGE**

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**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, 650.498.4744.

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

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**CLIMATE CHANGE: WHAT YOU CAN DO**

Climate disruption, one of the foremost challenges of our time, has many implications for both our personal health and the health of our planet. Atmospheric carbon dioxide (CO₂), the primary cause, has increased to levels never observed before. With US withdrawal from the Paris Climate Accord, many more are asking what they can do to have an impact on climate change. Fortunately, we can take action with a variety of approaches to safeguard the planet, lower our carbon footprints, and in the process save money, increase community, and improve health.

This fun class is comprised of 3 sessions, designed to turn good environmental intentions into action. The course takes much guesswork out of which actions have greatest impact, providing a roadmap for where to spend precious time.

Participants will be introduced to skills such as how to “green” transportation at their own pace, save energy at home, recycle better, green finances, make dietary changes, impact policy, and more. Instructors will combine their expertise from over two decades of professional work on the issue, with behavioral science and group support, to help participants make a difference.

**PLEASE NOTE:** This class qualifies for a BeWell Engagement incentive

**Instructors:** Steve Attinger, MBA, CGBP, is the Environmental Sustainability Manager, City of Mountain View, and Jane Rosten MSW, LCSW, is the Manager of Stanford HIP's Environmental Behavior Change Program.

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**IS AN ELECTRIC VEHICLE RIGHT FOR YOU?**

This free class is co-sponsored and generously supported by the City of Palo Alto

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

*As a bonus, before class (starting at 4:15pm) and 30+ minutes after class ends at 7:30pm, there will be a number of EVs to explore in and out, likely including Nissan Leaf, Kia Soul EV, Chevy Volt, Fiat 500-e, Ford Focus EV, Tesla, all-electric Chevy Bolt w/ 238 mile range, and others!*

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

Jim Barbera, is the Systems Engineer at ChargePoint (the nation’s largest charging company). Jim is versed in all aspects of EV life, including leasing, buying, charging, maintenance, installing charging stations and solar panels. He is now an experienced EV driver (85,000 electric miles), and has driven nearly all makes and models of EVs.

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

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

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**IS AN ELECTRIC VEHICLE RIGHT FOR YOU?**

*This free class is co-sponsored and generously supported by the City of Palo Alto*

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**IS AN ELECTRIC VEHICLE RIGHT FOR YOU?**

*This free class is co-sponsored and generously supported by the City of Palo Alto*

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**IS AN ELECTRIC VEHICLE RIGHT FOR YOU?**

*This free class is co-sponsored and generously supported by the City of Palo Alto*
AWAKEN YOUR NATURAL VOICE

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

In this 5-session class, you will learn a series of integrated breath/movement and vocal techniques that can help you rediscover your natural and free voice. This pleasurable and relaxed process will invite your whole body to release the natural vitality and resonance of your voice. You will discover new depth, range, and expressiveness to your vocal quality. The valuable techniques you learn in this course can be practiced just 10 minutes a day to help you continue to improve the health and quality of your voice. **Awaken Your Natural Voice** will give you the confidence and ease that you need for meaningful communication whether you are a business presenter, performer, parent, friend, or teacher.

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

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<td>WED</td>
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<td>$150 (STAP/EA: YES)</td>
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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 6 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 5 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.

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NEW | LIVING WITH INTENTION FOR A MORE FULFILLING LIFE

Research shows that living a life of intention and purpose provides fulfillment and contributes to longevity. Yet often, our days are filled with commitments and little time is spent doing what is most important to us. Overtime, this can be exhausting and overwhelming. How can we rediscover what is most important to us (our values), and feel more alive each day?

In this 6-week class, you will be guided through the process of reconnecting with your values, uncovering what contributes to your fulfillment, and exploring how to live your life in alignment with your values. Through partner work, mapping exercises, guided meditations, and reflective writing, you will learn concrete tools for living a life of intention and managing the barriers that hold you back. Please join us.

**PLEASE NOTE** This class qualifies for the 2018 BeWell Engagement incentive

**Instructor:** Elizabeth Buckley Skolnik is a Certified Professional Co-Active Coach (CPCC). Elizabeth brings her extensive experience as a Life Coach in private practice, a Leadership Coach within the corporate world, and a Wellness Coach for Stanford’s BeWell and Health Improvement Programs to her passion for helping individuals make lasting behavior change in the areas of decision making, emotional regulation, wellness, and life balance.

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OH, FOR A GOOD NIGHT’S SLEEP: USING MINDFULNESS TO REGULATE YOUR SLEEP AND YOUR LIFE

Discover how the simple practice of mindfulness can help transform your lifestyle habits to set the stage for a peaceful night’s sleep. In this 3-session class, we will review core aspects of wellness – sound sleep, stress reduction, consistent exercise, and healthy eating – and learn how the quality of these fundamental activities affects each moment of our day. Experience guided meditations that will help you feel better and improve your ability to cope with the typical stressors of daily life. You will learn current guidelines for good sleep hygiene and the most common causes of difficulty falling asleep or nighttime wakefulness. Class activities will include goal setting for implementing healthy sleep habits, tracking sleep patterns, and assessing results.

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

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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 be 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.

**Mentor:** 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.

**Mentor:** Maia Tamanakis has over 15 years of experience in personal fitness and is also an experienced wellness coach with certifications in personal training, wellness coaching, and behavior change from the American Council on Exercise and Wellcoaches. She has been a BeWell coach for over two years and loves supporting others in their journey towards personal transformation and optimal well-being.

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HEALTH ENRICHMENT

REGISTER ONLINE  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. Please allow two weeks for instructor to contact you.

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.

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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 Saturday 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.

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REIKI ENERGY HEALING – LEVEL 2

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.

Level 2: You will learn to focus and develop your Reiki healing energy using three mantras and symbols: the Power symbol, the Mental/Emotional symbol and the Distance Healing symbol. Three additional attunements will be provided that expand your abilities and energetic awareness. Full treatment protocols will be discussed. You will learn how to use Reiki to assist people, places and global situations remotely, beyond present time and space.

Level 1 Reiki certification (any lineage) is a prerequisite.

Instructor: Linda Alderman, BA, Reiki Master practitioner and teacher.

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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

LEONARD BUSINESS INNOVATION CENTER
TENDING YOUR FALL GARDEN

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

Plant your winter garden this fall! Gardening provides a wholesome activity that promotes the health of both mind and body. Experiencing the contemplative activities of gardening and interacting with nature can help one to relax, unwind, reflect and restore. And not least, gardening nourishes us with fresh vegetables and fruits. Join us in this 3-session class at the O’Donohue Stanford Educational Farm at this very transitional time of the year where we can still enjoy and be inspired by autumn’s bounty around us while we prepare the soil and ourselves for another healthy season.

You will learn:
- ☺ how to grow winter vegetables and about crop rotation throughout the seasons to maintain healthy garden beds.
- ☺ to enhance the harmonious experience of connecting with nature by practicing mindfulness in the garden.

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.

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HEALTH ENRICHMENT

SLEEPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM

Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked 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

PLEASE NOTE: This class qualifies for a BeWell Engagement incentive

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.

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SPINEFULNESS – PLUS FOCUS ON KNEES

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 the bones work for you, instead of against you, can relieve pain and allow your body to regain its natural strength and efficiency. In the first 4 weeks of this 6-week class, we will examine alignment while sitting, standing, bending, and walking. 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.

In the last 2 sessions of this class, we will focus in on the knees. Do your knees talk to you with clicks, creaks, pops, or just cry “ouch” with every step? Is it hard to get up and down or climb stairs? Learn how applying “spinefulness” skills and using your leg muscles in complimentary support can bring relief to tired and painful knees.

Instructor: Jenn Sherer, BS, owns and runs Spinefulness Studio in Palo Alto. Spinefulness freed her of the ailments that made her feel old: chronic shoulder, neck, knee, bunion and back pain. Now, she champions Spinefulness as a practical non-invasive way to resolve muscular skeletal pains, and as a way to increase overall wellness.

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THE GOKHALE METHOD: NO MORE ACHES AND PAINS

Improving posture and movement is one of the simplest and most powerful ways of reducing pain, elevating mood, and improving performance. The Gokhale Method uses personalized coaching and cutting-edge technology to transform the way you sit, stand, walk, and exercise.

You will use the recently invented Gokhale PostureSense™ wearable to get a real-time read of the shape of your spine as you learn improved ways to be in your body. Attain a new level of wellness and enjoy a fascinating journey into the anthropology, history, and anatomy of human structure and movement.

The workshop is taught by two qualified Gokhale Method teachers and capped at 20 students, allowing for lots of hands-on guidance and individualized feedback. Each participant receives a private online follow-up session with Monisha White, a PDF copy of Gokhale’s *8 Steps to a Pain-Free Back*, a streamable version of *Back Pain: The Primal Posture Solution*, and a Stretchsit® cushion.

Class format: 3 hour morning instruction, a bring-your-own-lunch discussion hour, 3 hour afternoon instruction.

**Instructors:**
- **Esther Gokhale** is the creator of the Gokhale Method. (www.GokhaleMethod.com). She is the author of *8 Steps to a Pain-Free Back*.
- **Monisha White** is a qualified Gokhale Method teacher. Ms. White is a recent Stanford graduate (B.S. in computer science) and Esther’s youngest child. Being raised with the Gokhale Method has enriched her life and kept her natural posture intact.

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TRADITIONAL ORIENTAL MEDICINE SELF-CARE PRINCIPLES AND PRACTICES

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Chinese Medicine, is a 5-session course in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body.

You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement. At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands. Please join us. This Monday through Friday class (Oct. 22-26) will focus on one of the 5 Elements each night.

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive

**Instructor:** **Luca Moschini,** Dipl. ABT (Asian Bodywork Therapy) is the founder and head instructor of Dashen® Foundation of acupressure and qigong training. Luca is currently a faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose, CA. He also has a private practice in Ashland, Oregon and Mountain View, California.

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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 1:1 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.

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Coach: Debbie Baltz 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.

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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.

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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.

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**NEW | DIET HOW TO'S OF METABOLIC HOMEOSTASIS**

Homeostasis describes how the human body regulates fluid, nutrients, and temperature balance. The current diet culture repeatedly tells us that we must do all the work to keep our body in balance through “clean eating,” fasting, and cleansing. These messages lead to confusion and sometimes anxiety over not doing the right thing.

Join this 4-week class to both learn and practice sound nutrition principles. Not only will you learn the basics of nutrition from a metabolic perspective, you will participate in a healthy diet boot camp where each week, as a group, we will review eating patterns and practice what we learn. There will be opportunities to share the emotional and physical changes we experience. Learn how the digestive system and metabolic system (related to hunger and satiation) work, and increase your confidence to choose foods that best meet your personal health needs.

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive

**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.

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**NEW | 5K AND BEYOND: SPORT NUTRITION RECOMMENDATIONS FOR BETTER RACE RESULTS**

Gels, bars, and protein shakes, oh my! How can you power your race effectively, avoiding the pitfalls of the “bonk” and stomach issues?

Most endurance runners, from beginner to professional, often lack a solid nutrition plan to support their training and race day regimen.

In this webinar, you will learn sports nutrition strategies and guidelines based on the latest science, to optimize your 5K or other extended endurance endeavor. This class will take into consideration individual body weight to determine carbohydrate, protein, and fat fuel intake, as well as optimal fluid-replacement strategies. An effective nutrition plan can turbo charge your training and get your diet “up to speed”.

**Instructor:** Marlon John, MPH, is the Lead BeWell Coach and the Physical Activity Coordinator for the 10X for Wellness program at the Stanford Graduate School of Business.

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**NUTRITION / WEIGHT MANAGEMENT**

**HOLIDAY EATING – BREAKING THE CYCLE**

Fall is around the corner and so are the winter holidays! This time of year we may look forward to joyful experiences and time spent with loved ones, yet many of us also anticipate what can feel like the inevitable entourage to all these good times... too much food, drinks, sweets, and the resulting unhealthy yo-yo weight cycling.

How can we set ourselves up for a healthier holiday season? One where we gain joy and memories, and not weight? Join this noon hour class to learn how to “maintain, not gain” during the 2018 holiday season.

You will learn:
- How to navigate holiday dinners and buffets
- How to apply the hunger/fullness scale to prevent overeating
- How to practice mindful eating to be intentional about food choices
- How to make healthier versions of your favorite holiday treats

**Instructor:** 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.

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**KURBO – SIMPLE "TRAFFIC-LIGHT" WEIGHT LOSS 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.

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive

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**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.

**Mentor:** 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 Starting the Journey class. She is excited to share both her personal experience and professional coaching and mentoring background to help others achieve their goals.

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<th>Day/Date</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>By appointment</td>
<td>TBD</td>
<td>$250 (STAP/EA: YES)</td>
<td>pmwl-04</td>
</tr>
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</table>
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.

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<tr>
<th>DAY/DATE</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>W/F appointments</td>
<td>Phone/video chat</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04a</td>
</tr>
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</table>

**Coach: Joanne Ambros**, is a Certified Nutrition Educator and Wellness Coach. She has extensive experience helping people reach their goals as part of the BeWell team, her own private nutrition practice, and at a Silicon Valley Fortune 50 company. Joanne's areas of focus include: plant-based diets, healthy digestion, eating strategies to help lower cholesterol, glucose or blood pressure, and healthy eating for busy people. She is enthusiastic about working with clients to create a sustainable plan that suits each individual's unique body, lifestyle, food preferences and health goals.

Appointments are by appointment only.

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<th>DAY/DATE</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>By appointment</td>
<td>Phone</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04e</td>
</tr>
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</table>

**Coach: Shauna Hyde** is a registered dietitian and a certified diabetes educator with over 15 years of experience. She specializes in diabetes prevention and management, cholesterol management, weight loss and blood pressure control. She has worked at the Stanford Prevention Research Center and the Palo Alto Medical Foundation on a number of research projects, primarily providing lifestyle and cardiovascular risk factor reduction education to study participants. Shauna can help you improve your diet with simple, realistic modifications. Healthy meal preparation, grocery shopping, 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.

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<th>DAY/DATE</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
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<tbody>
<tr>
<td>M/TH appointments</td>
<td>TBD</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04d</td>
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</table>

**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.

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<tr>
<th>DAY/DATE</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
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</thead>
<tbody>
<tr>
<td>FRI appointments</td>
<td>Phone</td>
<td>$275 (STAP/EA: YES)</td>
<td>pnc-04f</td>
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</table>

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

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive

**Facilitator:** Debbie Balfanz, PhD, coordinator of the Stanford Behavior Change/Weight Management Program. Please contact Debbie at 650-725-3185 before registering.

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<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>Fee</th>
<th>Code</th>
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<tbody>
<tr>
<td>WED</td>
<td>10/24-1/9</td>
<td>5:30-7:00pm</td>
<td>401 Quarry Rd., Rm 121f</td>
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<td>wmsj-01</td>
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<tr>
<td>No class: 11/21, 12/26 &amp; 1/2/19</td>
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PREVENTION & MEDICAL MANAGEMENT

CHECKUP & 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 CheckUp can be used as a stand-alone intervention or as a jump start to the Choices modules. 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.

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<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling start</td>
<td>Self-paced</td>
<td>$190 (STAP/EA: YES)</td>
<td>cnc-30</td>
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</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 of completion cards will be sent out 3-4 weeks after the class.

**Two dates to choose from:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>10/8</td>
<td>1:00-5:00pm</td>
<td>Li Ka Shing Learning Ctr., Rm 208</td>
<td>$120 (STAP/EA: YES)</td>
<td>cpr-01</td>
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<tr>
<td>MON</td>
<td>10/22</td>
<td>1:00-5:00pm</td>
<td>Arrillaga Outdoor Education &amp; Rec Ctr., Rm 103D</td>
<td>$120 (STAP/EA: YES)</td>
<td>cpr-02</td>
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</table>

FIRST AID
This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how these medical techniques can be performed with minimal equipment. Certificate of completion cards will be sent out 3-4 weeks after the class.

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<tr>
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<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>MON</td>
<td>10/15</td>
<td>1:30-4:30pm</td>
<td>Arrillaga Outdoor Education &amp; Rec Ctr., Rm 103D</td>
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<td>first-01</td>
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</table>
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.

**PLEASE NOTE:** This class qualifies for a BeWell Engagement incentive

**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

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<tbody>
<tr>
<td>Rolling start</td>
<td>Self-paced 16 weeks, with maintenance up to a year</td>
<td>$550 (STAP/EA Y)</td>
<td>omada-30</td>
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</table>

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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Fee</th>
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<tbody>
<tr>
<td>12 Sessions: Stanford University &amp; families</td>
<td>$0</td>
<td>sciq-04</td>
</tr>
<tr>
<td>12 Sessions: Community</td>
<td>$275 (STAP/EA NQ)</td>
<td>sciq-04a</td>
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</table>
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 BeWell.stanford.edu

FALL QUARTER IN-PERSON COURSES

- Climate Change: What You Can Do
- Diet How To’s of Metabolic Homeostasis
- Enhancing Resilience By Cultivating a Contemplative Lifestyle
- Equine-imity: Stress Reduction in the Company of Horses
- Life’s Purpose Workshop
- Living With Intention for A More Fulfilling Life
- Mindfulness-Based Stress Reduction (MBSR)
- Traditional Oriental Medicine Self-Care Principles and Practice
- Weight Management: Starting the Journey

FALL QUARTER ONLINE COURSES

- Sleepio – Digital Sleep Improvement Program
- Kurbo – Simple “Traffic-light” Weight Loss Program
- OMADA – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease