

CONTEMPLATIVE PRACTICES

& STRESS MANAGEMENT

ENHANCING RESILIENCE BY CULTIVATING A
CONTEMPLATIVE LIFESTYLE

WED • OCT 17 & NOV 14 • 5:30P

EQUINE-IMITY—STRESS REDUCTION
IN THE COMPANY OF HORSES

THU • OCT 4-25 • 4P

LIFE'S PURPOSE WORKSHOP

FRI • OCT 5 - NOV 2 • 12P

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

TUE • SEPT 25 - NOV 13 • 7P

ONLINE

HEADSPACE - MEDITATION MADE SIMPLE

ROLLING START

PERSONALIZED OFFERINGS

EQUINE-IMITY SOMATIC HORSEMANSHIP

PERSONALIZED STRESS REDUCTION

ROLLING START - APPTS TBD

CONTEMPLATION BY DESIGN SUMMIT

POWER OF THE PAUSE

OCT 30 - NOV 8

contemplation.stanford.edu

ENVIRONMENTAL HEALTH

CLIMATE CHANGE: WHAT YOU CAN DO

THU • OCT 11 - 25 • 6:30P

IS AN ELECTRIC VEHICLE RIGHT FOR YOU?

TUE • OCT 23 • 4P

PERSONALIZED OFFERINGS

ACTIVE TRANSPORTATION COUNSELING™

ROLLING START - APPTS TBD

HEALTH ENRICHMENT

AWAKEN YOUR NATURAL VOICE

WED • OCT 10 - NOV 7 • 12P

KNOWING AND USING YOUR STRENGTHS

THU • OCT 25 • 12P

*LIVING WITH INTENTION FOR A MORE FULFILLING LIFE

WED • OCT 10 - NOV 14 • 12:15P

OH, FOR A GOOD NIGHT'S SLEEP: USING MINDFULNESS TO

REGULATE YOUR SLEEP AND YOUR LIFE

THU • OCT 11 - 25 • 5:30P

REIKI ENERGY HEALING LEVEL 1

SAT • OCT 13 • 9:30A

REIKI ENERGY HEALING LEVEL 2

SAT • NOV 10 • 9:30A

SPINEFULNESS - PLUS FOCUS ON KNEES

FRI • OCT 12 - NOV 16 • 1P

TENDING YOUR FALL GARDEN

MON • JULY 9 - 30 • 5:30P

THE GOKHALE METHOD: NO MORE ACHES AND PAINS

SAT • OCT 6 • 9:30A

SUN • NOV 4 • 9:30A

TRADITIONAL ORIENTAL MEDICINE SELF-CARE PRACTICES

MON-FRI • OCT 22 - 26 • 5:45P

ONLINE

SLEEPIO - DIGITAL SLEEP IMPROVEMENT PROGRAM

ROLLING START

PERSONALIZED OFFERINGS

PERSONALIZED FITNESS DESIGN

SITTING COMFORTABLY AT YOUR COMPUTER STATION

WELLNESS COACHING

ROLLING START - APPTS TBD

Full class descriptions and REGISTRATION

hip.stanford.edu

Most Healthy Living Classes are
STAP/EA funds eligible

*New Offerings

NUTRITION/WEIGHT MANAGEMENT

BOOST YOUR METABOLISM

WED • NOV 14 • 12P

*DIET HOW TO'S OF METABOLIC HOMEOSTASIS

THU • OCT 11 - NOV 1 • 11:45A

HOLIDAY EATING - BREAKING THE CYCLE

FRI • NOV 9 • 12P

WEIGHT MANAGEMENT: STARTING THE JOURNEY

WED • OCT 24 - JAN 9 • 5:30P

ONLINE

KURBO - MOBILE HEALTH COACHING PROGRAM

ROLLING START

*WEBINAR: 5K AND BEYOND: SPORT NUTRITION

RECOMMENDATIONS FOR BETTER RACE RESULTS

TUE • OCT 16 • 12P

PERSONALIZED OFFERING

PERSONALIZED NUTRITION COACHING

PERSONALIZED MENTORING FOR WEIGHT LOSS

ROLLING START - APPTS TBD

PREVENTION/MEDICAL MANAGEMENT

CPR AND AED

MON • OCT 8 & 22 • 1P

FIRST AID

MON • OCT 15 • 12:30P

ONLINE

*CHECK UP AND CHOICES

OMADA - WEIGHT-LOSS PROGRAM FOR PREVENTION

OF DIABETES AND HEART DISEASE

ROLLING START

PERSONALIZED OFFERINGS

SMOKING CESSATION: INTENTIONAL QUITTING

ROLLING START - APPTS TBD