



## Summer 2015 Healthy Living Classes At-A-Glance

Full class description and REGISTRATION at [hip.stanford.edu](http://hip.stanford.edu)

Most Healthy Living Classes STAP/ EA Funds eligible

CLASS	DAY	DATES	TIME	LOCATION
Equine-imity— <i>Somatic Horsemanship 1 Hour Individual Sessions</i>	M, T, W	6/22-8/28	By appointment	Webb Ranch, 2720 Alpine Rd, Portola Valley
Active Transportation Counseling™ - 1 or 3 one hour sessions	TBD	6/22-8/28	By appointment	TBD
Lantern: <i>Online Program for Improving Emotional Wellbeing</i>	TBD	6/22-8/28	TBD	Your Computer
Personalized Stress Reduction - 4 Sessions	M, Th	6/22-8/28	By appointment	TBD
Prevent: <i>Online Weight-Loss Program for Diabetes Prevention</i>	TBD	6/22-8/28	TBD	Your computer
Sitting Comfortably at Your Computer Station - 1 or 3 Individual Sessions	TBD	6/22-8/28	By appointment	Your computer
Smoking Cessation: <i>Intentional Quitting</i>	TBD	6/22-8/28	By appointment	TBD
Homemade™ - Healthy Eating Made Delicious, Sustainable and Fun - (5 or 10 wk sessions)	M, T, W or TH	6/29-9/3	6-8:00 PM	Menlo Park & Palo Alto Locations
Eating with Intent™: <i>How to Eat Mindfully and Control Your Weight</i>	T	6/30-7/21	12-1:15 PM	Education Building (Cubberly), Rm 207
Mindfulness-Based Stress Reduction (MBSR), <i>Evenings</i> *retreat 8/8 9am-5pm	T	6/30-8/18	7-9:30 PM	Li Ka Shing Learning Center, Rm 130
Weeding Your Way to Wellness	T	6/30-8/25	7-7:50 AM	Stanford Farm on Electioneer Rd
Better Choices, Better Health	W	7/1-8/5	5:30-7:30 PM	Center for Clinical Sciences Research, Rm 4107
Traditional Oriental Medicine: <i>Self-Care Principles and Practices</i>	T	7/7-10/6	5:45-7 PM	Education Building (Cubberly), Rm 210
<b>NEW</b> Mindfulness-Based Stress Reduction (MBSR), <i>Mornings</i> *retreat 8/22 9am-5pm	W	7/8-9/2	6:30-9 AM	Li Ka Shing Learning Center, Rm 208
This One's for You: <i>Refresh, Restore, Renew!</i>	W	7/8-7/29	12-1:15 PM	Clark Center, Rm 5361
Equine-imity— <i>Stress Reduction In the Company of Horses</i>	Th	7/9-7/30	4-5:30 PM	Webb Ranch, 2720 Alpine Rd, Portola Valley
Spinefulness Focus: <i>Relax Low Back Muscles to Sit in Comfort</i>	F	7/10/15	12-1:00 PM	Medical School Office Bldg (MSOB), Rm x303
Reiki Energy Healing: <i>Levels 1 and/or 2</i>	Sat	7/11 & 7/25	9:30 AM -5 PM	Li Ka Shing Learning Ctr., Rm 306
<b>NEW</b> WEBINAR-Nutrition Controversies: <i>Continuing the Conversation</i>	T	7/14/15	12-1:00 PM	Your computer
Weight Management: <i>Starting the Journey</i>	W	7/15-9/2	5:30-7 PM	401 Quarry Road, Room 1211
<b>NEW</b> Greens and Grains	Th	7/16/15	12-1:30 PM	Medical School Office Bldg (MSOB), Rm x303
Sleep Well, Be Well	Th	7/16 & 7/23	5:30-6:30 PM	Li Ka Shing Learning Center, Rm 120
Partner Shiatsu for Neck and Shoulder Release	Th	7/16/15	6:15-7:30 PM	Stanford Equestrian Clubhouse Lawn
Spinefulness Focus: <i>Breathing through the Spine</i>	F	7/17/15	12-1:00 PM	Center for Educational Research (CERAS, Rm) 300
CPR and AED	M	7/20/15	1-5:00 PM	Li Ka Shing, Rm 203/204
Walking the Windhover Labyrinth	T	7/21 & 8/11	5:30-6:45 PM	Thornton Center, Rm 110
Nutrition for Action: <i>Action for Results</i>	W	7/22 & 7/29	12-1:00 PM	3160 Porter Drive, Pacific Ocean Rm
Why Did I Eat That - <i>Again?</i>	Th	7/23/15	12-1:00 PM	Medical School Office Bldg (MSOB), Rm x303
Skill Building for Crucial Conversations	F	7/24/15	1-5:00 PM	Medical School Office Bldg (MSOB), Rm x303
First Aid	M	7/27/15	1-5:00 PM	Li Ka Shing Learning Center, Rm 208
Inner Balance: <i>Optimizing Resilience and Reducing Stress</i>	Th	7/30/15	1:30-5 PM	Medical School Office Bldg (MSOB), Rm x303
Computers and Our Hearts - <i>Preserving the Human Element</i>	W	8/5/15	5:30-7 PM	Li Ka Shing Learning Center, Rm 205/206
Summer Creative Play Workshop	W	8/5 & 8/12	12-1:00 PM	Education Building (Cubberly), Rm 313
Vitality 101: <i>Finding Your Groove</i>	W	8/12/15	12-1:15 PM	3160 Porter Drive, Pacific Ocean Rm
Partner Shiatsu for Hands and Feet	Th	8/13/15	6:15-7:30 PM	Stanford Equestrian Clubhouse Lawn
Spinefulness Focus: <i>Relax Your Trapezius for Shoulder and Neck Pain Relief</i>	T	8/18/15	12-1:00 PM	Education Building (Cubberly), Rm 334
<b>NEW</b> WEBINAR: The Ins and Outs of Advance Healthcare Planning	W	8/19/15	12-1:00 PM	Your Computer
<b>NEW</b> Empathy Bootcamp: <i>Tools that Support Relationships When it Really Counts</i>	F	8/21/15	2-5:00 PM	Education Building (Cubberly), Rm 334
Fuel For School: <i>A Nutritious Start to the School Year</i>	T & Th	8/25 & 8/27	12-1:15 PM	Li Ka Shing Learning Center, Rm 120