

HEALTHY LIVING



HIP

Health Improvement Program

SUMMER QUARTER 2015
JUNE 22 – AUGUST 28

REGISTRATION BEGINS JUNE 9th
hip.stanford.edu

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REGISTRATION INFORMATION

REGISTRATION:

Register online at the HIP website <http://hip.stanford.edu>

Payment Options:

- **Credit card** - secure credit card payments can be processed via Cybersource when registering online. Choose the Credit Card option under "Pay balance with:". If you register online and pay by credit card, you will receive a confirmation of enrollment by email. We cannot accept credit card information over the phone or in-person.
- **Check/cash** - register online and choose the Check/Cash button under "Pay balance with:". Please make check payable to Stanford University.
 - In person: bring check to HIP Office, Medical School Office Building (MSOB), 3rd floor
 - Mail to HIP at:
 - on-campus: ID mail code 5411
 - off-campus: HIP, Medical School Office Building (MSOB), 1265 Welch Rd, Stanford, CA 94305-5411Please Note: If you pay by check, you are *not confirmed*, nor guaranteed a space in the class, until HIP receives payment.
- **STAP funds** - benefits eligible Stanford employees will be given the option online to pay for STAP approved classes by choosing the "Use STAP" button in the shopping cart. Please note that your registration will not be final until we receive confirmation from Human Resources of your STAP eligibility and balance.

STAP FUNDS for University Staff

All Healthy Living classes that are approved for STAP reimbursement by the University Benefits Department have "STAP/EA Funds: Yes" next to the class fee in the brochure. You are eligible if you are a regular staff member working 50% time or more (faculty, students, temporary employees, family members, retirees, or other non-staff university affiliates are not eligible). It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

Educational Assistance (EA) Funds for Stanford HealthCare and LPCH Employees

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

CANCELLATION POLICY

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

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

LEGEND: BeWell Berries 2015

Look for the *berry-type* icon next to each Healthy Living class.
A "Physical Activity" berry will be awarded for participation in Fitness classes.
visit: <http://bewell.stanford.edu/program-summary>

Physical Activity	
Stress	
Nutrition	
Health Enrichment	
Workspace Well-Being	
Emergency Preparedness	
Environmental Health	



Skill Building for Crucial Conversations

This workshop offers Restorative Justice Training to lead, initiate, manage difficult situations/difficult people, resolve conflict and build community. Restorative Justice (RJ) is most frequently used to resolve conflict in courts and communities (including Stanford's Office of Community Standards, which evolved from Stanford's Office of Judicial Affairs). In this workshop, we will teach you the basics of RJ for the purpose of creating and delivering gracious space and calm at work and in your personal lives.

Instructor: Sonoo Thadaney, MBA, Managing Director, Stanford WSDM (Women + Sex Differences in Medicine); Director, Education Programs, Stanford Prevention Research Center; the Executive Director, Program in Bedside Medicine. Sonoo created and ran Stanford's Restorative Justice Pilot Program, now an ongoing process in Stanford's Office of Community Standards.

DAY/DATES	TIME	LOCATION	FEE	CODE
Fri, 7/24	1:00-5:00 pm	Medical School Office Building (MSOB), Rm x303	\$100 (STAP/EA: YES)	sbcc-01



CPR & AED

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

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

Date: Monday, 7/20 Time: 1:00-5:00 pm
 Location: Li Ka Shing Learning Ctr., Rm 203/204
 Fee: \$100 (STAP/EA: YES) Code: cpr-01



First Aid

This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how these medical techniques can be performed with minimal equipment.

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

Date: Monday, 7/27 Time: 1:00-5:00 pm
 Location: Li Ka Shing Learning Ctr., Rm 208
 Fee: \$100 (STAP/EA: YES) Code: first-01



Sitting Comfortably at Your Computer Station - Individual Sessions

Even with a good ergonomic set-up, many people continue to suffer from pain and discomfort at work. In individual sessions at your work station, you will learn how to apply proper body mechanics to alleviate pain and improve skeletal support and awareness. Sitting with a dynamic and healthy posture while performing commonly used workstation actions can reduce tension and help you prevent or heal from repetitive stress.

SPECIAL NOTE: Please allow 2-3 weeks for the instructor to contact you for scheduling (jean_elvin@yahoo.com).

Instructor: Jean Elvin MFA, Guild Certified Feldenkrais Practitioner. She has specialized training for repetitive stress injuries, back, neck, shoulder pain, and thoracic outlet syndrome.

	TIME	LOCATION	FEE	CODE
1-hour session	TBD	Your computer station	\$90 (STAP/EA: YES)	SCCS-02
Three 1-hour sessions	TBD	Your computer station	\$270 (STAP/EA: YES)	SCCS-03



Computers and Our Hearts - *Preserving the Human Element*

Lately there have been numerous books and articles describing the effects of our being constantly plugged in and inundated with information. Authors have described this as “electronic fidgets”; constant taps on the shoulder to attend to this or that, and subtle encouragement to multi-task more than may be healthy. Furthermore, the visual way the internet is organized with sidebars and link after link to click on may lead to significant distractibility, a symptom not unknown to those with ADHD.

We also seem to be spending less time with real people and more time in the virtual world. “It’s like we think information can replace relationships”, said one counselor. Add to the mix a general lack of civility made possible by the anonymity of the internet, an often overwhelming amount of email, and increased hours of sitting, and questions about cost/ benefit arise.

This class will be a guided discussion with informational content - a place to safely explore these issues, and share ideas for how to keep a healthful balance between human and machine, with all due respect to both!

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 8/5	5:30-7:00 pm	Li Ka Shing Learning Ctr., Rm 205/206	\$35 (STAP/EA: YES)	coh-01

Behavior Change



Active Transportation Counseling™

Learn to gradually expand your non-auto transportation without aiming for perfection. In person or by phone, talk with an experienced health behavior counselor to set goals and overcome barriers that stand between your good intentions and a more eco-friendly lifestyle. Even trying once a month can be a good start. In addition to environmental and economic benefits, active transportation provides great health advantages such as increased exercise and stress reduction. (note: on the HIP website, this offering is also listed in the **Environmental Health** category.)

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

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

	TIME	LOCATION	FEE	CODE
1-hour session	TBD	In person or by phone	\$75 (STAP/EA: YES)	atc-01



Smoking Cessation: *Intentional Quitting*

Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from tobacco. HIP has partnered with Stanford Benefits to offer this FREE tobacco cessation program for benefits-eligible University employees, their families and dependents (14 years and older). Free over-the-counter aids for tobacco cessation are included.

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

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

	FEE	CODE
12 Sessions: Stanford University & families	\$0	sciq-01
12 Sessions: Community	\$175 (EA FUNDS: YES)	sciq-01a



Healthy Eating Made Delicious, Sustainable, and Fun

Homemade is a Bay Area cooking community dedicated to empowering you to adopt sustainable healthy eating habits. We teach the joy of cooking real food, prepared from scratch using whole, natural, and seasonal ingredients.

We help our members achieve optimum weight and health by offering community cooking classes, menu planning, nutrition coaching and group support. We also make it easy for our members to eat right throughout the week by offering delicious seasonal meals all sampled in class.

Our program is unique as we incorporate sustainable healthy habits into your lifestyle through our “3 Key Principles” which you will discover and practice throughout the program. With Homemade, you will master a new way of eating based on nourishment, health, and satisfaction.

Instructors: Chefs, nutritionists, and/or healthy lifestyle coaches all who share a passion for healthy living and delicious food! Instructors may vary according to class - please see our website homemade-cooking.com for profiles of individual instructors.

Now offered at two locations!

Location 1: Arrillaga Recreation Ctr. Kitchen, 700 Alma St, Menlo Park Time: 6-8:00 pm



CLASS	CLASS FEE	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
10 Week Session: (Dates: 6/29-9/3)	\$500 (STAP/EA: YES)	homem-01	homem-01	homew-01	hometh-01
5 Week Session 1: (Dates: 6/29-7/30)	\$300 (STAP/EA: YES)	homem-01a	homem-01a	homew-01a	hometh-01a
5 Week Session 2: (Dates: 8/3-9/3)	\$300 (STAP/EA: YES)	homem-01b	homem-01b	homew-01b	hometh-01b

Location 2 (Mondays / Tuesdays): StartX, 2627 Hanover Street, Palo Alto Time: 6-8:00 pm

10 Week Session: (Dates: 6/29-9/3)	\$500 (STAP/EA: YES)	homem-02	homem-02		
5 Week Session 1: (Dates: 6/29-7/30)	\$300 (STAP/EA: YES)	homem-02a	homem-02a		
5 Week Session 2: (Dates: 8/3-9/3)	\$300 (STAP/EA: YES)	homem-02b	homem-02b		

Please Note: Classes may be rescheduled for public holidays or venue unavailability

Refund Policy: HIP registrants may cancel Homemade membership up until 10 business days before class begins.



NEW | Greens and Grains

Do you love the idea of eating healthy bunches of greens, but are intimidated by all the varieties, and how to prepare them? Is there nutritional life beyond kale? Are you confused about grains? Should they be sprouted, limited, or not eaten at all? What does “whole grain” really mean?

Join Stanford Nutrition Studies educators Dalia Perlman and Susan Kirkpatrick in this noon-hour workshop as they share insights into these questions, as well as how to combine greens and grains together for a healthy GI tract, better appetite control, *and* great taste. Recipes and samples will be shared!

Instructors: Dalia Perlman, RD, CDE, and Susan Kirkpatrick, RD, CDE. Susan and Dalia have provided nutrition counseling and diabetes/pre-diabetes education at Palo Alto Medical Foundation for many years, and both are Health Educators for Christopher Gardner’s “One Diet Does Not Fit All” weight loss study.

Day/Dates	Time	Location	Fee	Code
Thu 7/16	12:00-1:30 pm	Medical School Office Building (MSOB), Rm x303	\$40 (stap/ea: yes)	grgr-01



Weight Management: *Starting the Journey*

This 8-week program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work. Each class will consist of individual health behavior goal setting, group discussion and activities. All interested individuals are required to engage in a short phone call with the facilitator before registering to ensure that the class is the right fit for them.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 7/15-9/2	5:30-7:00 pm	401 Quarry Road, Rm 1211	\$200 (STAP/EA: YES)	wmsj-01



Eating with Intent™: *How to Eat Mindfully and Control Your Weight*

Eating with Intent™ is an awareness practice that can help you lose weight by learning to recognize and respect the hunger and satisfaction cues that emanate from the body, not the mind.

In this 4-week class, you will receive information about how to choose food that is both pleasing and nourishing, how to feel satisfied after meals, and how mindful eating, once internalized, can shift your relationship with food forever. At our last class we will practice different mindful eating techniques while eating our lunch together. Learn again the joy of healthy eating, and regain the pleasure of enjoying every meal.

Instructor: Patty McLucas, CPT, Wellness Consultant, and trained instructor of the Mindfulness-Based Stress Reduction curriculum. She is co-founder and owner of Breathing Room in San Carlos.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 6/30-7/21	12:00-1:15 pm	Education Building (Cubberly), Rm 207	\$125 (STAP/EA: YES)	ewi-01



NEW | WEBINAR: Nutrition Controversies: *Continuing The Conversation*

Do I need more protein? What is gluten and should I avoid it? Should I be replacing sugar with artificial sweeteners? Is saturated fat really OK now – and is “butter back”? Should I buy organic – is it worth it? How bad are GMOs?

All of these nutritional controversies and more will be addressed with a blend of science and humor by Professor Gardner. He is also open to answering some of your own dietary conundrums.

Instructor: Christopher Gardner, PhD in Nutrition Science, UC Berkeley. Dr. Gardner is a Professor of Medicine at Stanford University where he has been with the Stanford Prevention Research Center for 20 years. He has conducted over a dozen randomized controlled human nutrition studies with more than 1,500 study participants.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 7/14	12:00-1:00 pm	Your Computer	\$35 (STAP/EA: YES)	nutc-30



Why Did I Eat That - *Again?*

You have probably asked yourself that question even if you know better and even if you are not overweight. Do you feel like there is a spell that comes over you in the presence of certain foods? Do you wonder why it is so easy to overindulge and hard to resist certain foods?

This class will discuss how the brain processes stimuli in the presence of food cues and how it drives behavior in the “cue-urge-reward” habit cycle. Learn how the food industry works to stimulate our appetite by manipulating fat, sugar, and salt in our foods. Participants will gain useful tools and skills needed to craft a personal plan based on proven techniques that will allow them to replace chaotic eating with more mindful and satisfying choices.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 7/23	12:00-1:00 pm	Medical School Office Building (MSOB), Rm x303	\$30 (STAP/EA: YES)	eta-01



Nutrition for Action: *Action for Results*

Do you have a solid exercise routine but are not seeing the results you'd like? Please come to this 2-session workshop to explore how the right food at the right time can help you get the most from your exercise. We will cover how to fuel your workouts to enhance weight loss, build muscle, burn fat, and also provide tips on how to workout efficiently so every minute at the gym counts.

There will be in-class and take-home activities to support understanding and integration of new healthy eating habits. Proper hydration for summer workouts will also be covered.

Instructor: Jae Berman, RD, CSSD, MS in Applied Physiology and Nutrition, Columbia University. Jae currently works at the Stanford Prevention Research Center as a health educator on a study comparing low fat to low carb diets. She is a sports dietitian at the University of San Francisco and has a private practice in San Francisco.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 7/22 & 7/29	12:00-1:00 pm	3160 Porter Drive, Pacific Ocean Rm	\$50 (STAP/EA: YES)	spnut-01



Fuel for School: *A Nutritious Start to the School Year*

co-sponsor **Stanford** | WorkLife Office
University Human Resources

This workshop, offered by the WorkLife Office and HIP, is designed for anyone with kids of any age. It doesn't matter if it is the first day of pre-school or the last year of high school, kids (or young adults) need well-nourished bodies that are ready to learn—and that is a lot of pressure for us parents. The first session of this workshop will cover some basics about nutrition and eating behavior principles as they relate to school-aged children. We will spend a considerable amount of time on the practical application of these principles. *"Great information, but if I can't get my kid to eat xyz, how will this help ME?"* The intention is to share enough tips that every one will walk away with at least one very tangible goal to work on.

The second session is optional but strongly encouraged. Here we will spend time discussing what worked, what didn't and why. Learning from fellow parents about how they work through similar challenges often provides us with the greatest insights. Come with your tips, frustrations, and concerns; leave with even more tips, a sense of empowerment, and the confidence to make a difference in your child(ren)'s health and eating habits.

Instructors: Jennifer Robinson, PhD, Stanford Nutrition Studies Group Program Manager, HIP. Dr. Robinson's dissertation focused on encouraging children to eat more fruits and vegetables following exposure to gardens at their schools. Rosalyn Tu, MS, RD is a dietitian and mother of a fickle eater. Prior to working at Stanford, she worked for the Childhood Feeding Collaborative, providing information on best practice feeding guidance for pediatric care providers and parents.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue & Thu, 8/25 & 8/27	12:00-1:15 pm	Li Ka Shing Learning Ctr., Rm 120	\$50 (STAP/EA: YES)	ffs-01



Wellness On Wheels at Stanford

Wellness on Wheels brings classes to your Stanford department. They are a great way to bring group fitness or healthy living classes to you, especially if you would like to have a class in your building, or if your department is located on a satellite campus.

For more information, go to: <http://hip.stanford.edu>
or email us at: wellnessonwheels@stanford.edu



Walking the Windhover Labyrinth

Carrying forward the interest in contemplation from both at Windhover and Contemplation by Design week last November, the Office for Religious Life (ORL) and HIP are collaborating to continue to offer a labyrinth walking fundamentals workshop. This 2-session program will provide you with knowledge of the rich history and stress reduction and resilience-building benefits of the contemplative practice of labyrinth walking. Each session will begin in the classroom followed by a practicum of walking the Windhover labyrinth. Please note: registration required for this free class.

Instructors: The Rev. Joanne Sanders, Associate Dean for Religious Life at Stanford, and Tia Rich, PhD, HIP Senior Health Promotion Specialist, and Contemplation by Design program manager.

Note: *This workshop is co-sponsored by the Office for Religious Life and HIP, and is free to Stanford employees.*

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 7/21 & 8/11	5:30-6:45 pm	Thornton Ctr., Rm 110	\$0	wlab-01

WALKING THE WINDHOVER LABYRINTH

Tuesdays, July 21 & August 11, 5:30pm - 6:45pm

A 2-session program on the fundamentals of labyrinth walking.

WALK THE LABYRINTH AT MEMORIAL CHURCH

Every Friday, 8:00am - 1:00pm

religiouslife.stanford.edu

Stanford | Office for Religious Life



lantern *Online Program for Reducing Anxiety*

Lantern is an online program designed by Stanford researchers and draws from over 10 years of research on technological applications for improving emotional wellbeing. Lantern's evidence-based program helps individuals strengthen overall resilience and develop effective coping strategies through quick daily exercises with professional coaching.

Lantern starts with a simple self-assessment to understand participants' needs and identify strengths and challenges. From here Lantern creates a personalized program based on cognitive behavioral principles to help each individual work on areas that matter most to them - such as anxiety, stress, body image, and disordered eating behaviors. Lantern matches individuals with an experienced coach who supports them via phone and text message. Participants engage in 40 10-minute sessions over the course of 8-10 weeks, followed by a maintenance program that consists of 1-2 sessions per week for the remainder of the year. The program makes use of tools, practice, and information and lets participants track their progress toward individually selected goals. Visit hip.golantern.com to learn more about Lantern's program.

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

Special Two-Step Registration Process:

Step 1 - Register for Lantern class at hip.stanford.edu

Step 2 - Receive email from Lantern with instructions for how to access your program

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

DAY/DATES	TIME	FEE	CODE
Rolling start, 6/22-8/28	Self-paced approx. 8-10 weeks, with maintenance up to a year	\$395 (STAP/EA: YES)	lant-30



Personalized Stress Reduction

This 4-session personalized program is designed for people who would like to understand and learn ways to alleviate stress conditions (including anxiety, depression, insomnia, GI conditions, headaches, high blood pressure, chronic illness and other pain conditions), in a comfortable, individualized setting. With one-on-one support, you will practice techniques taught in the Mindfulness-Based Stress Reduction (MBSR) program, learning strategies such as breath awareness, sitting meditation and body scan. Participants will also be introduced to restorative yoga, a still, and deeply relaxing yoga practice.

Sessions will be scheduled individually with the instructor. Appointments are made on a first come-first served basis on Mondays and Thursdays between 7:30 am and 3:30 pm. Special requests for specific days, times, and locations outside of those listed will be considered. Please contact the instructor directly (katell@stanford.edu) about special requests.

Instructor: Katie Sutherland, MA in Health Psychology Education, Stanford. Katie worked for almost a decade conducting research in mind-body health at the Stanford Prevention Research Center. Katie currently teaches restorative yoga and mindfulness meditation, is a health advisor for Stanford's BeWell Program, and coordinates HIP's Healthy Living Program.

DAY/DATES	TIME	LOCATION	FEE	CODE
Mon/Thu Appointments	7:30 am-3:30 pm	Main Campus	\$300 (STAP/EA: YES)	psrp-04



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.

Tuesday Evenings

Instructor: Mark Abramson, DDS, the founder and facilitator of Mindfulness-Based Stress Reduction (MBSR) programs at Stanford. He has practiced dentistry in the Bay Area for more than thirty years, specializing in the treatment of chronic pain and temporomandibular disorders.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 6/30-8/18	7:00-9:30 pm	Li Ka Shing Learning Ctr., Rm 130	\$310 (STAP/EA: YES)	msm-01

Note: All day retreat held on Saturday, 8/8, from 9am-5pm, in Li Ka Shing Learning Ctr., Rm 101/102

NEW | Wednesday Mornings

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 7/8-9/2*	6:30-9:00 am	Li Ka Shing Learning Ctr., Rm 208	\$310 (STAP/EA: YES)	msm-02

*No class 8/26

Note: All day retreat held on Saturday, 8/22, from 9am-5pm, in Li Ka Shing Learning Ctr., Rm 101/102



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 other 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 yoga, tai chi, and qigong, 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, 7/9-7/30	4:00-5:30 pm	Webb Ranch, 2720 Alpine Road, Portola Valley	\$300 (STAP/EA: YES)	srph-01

Equine-imity - Somatic Horsemanship 1 Hour Individual Sessions for Stress Reduction

Whether you have taken the 4-week Equine-imity course and want to add additional sessions, or just wish to experience this program privately, you can elect one or more individual sessions to learn stress reduction and emotional self-regulation.

These 1-hour individual sessions are conducted among a natural herd of gentle, sociable horses at a beautiful ranch 10 minutes from campus. Using techniques from mindfulness meditation, yoga, tai chi and qigong, you will learn to ground, center, and relax by touching and breathing with horses. All activities are conducted on the ground with the option to work with a single tethered horse and option for a mounted meditation ride after 2 ground sessions. No horse experience needed. Handbook included.

Appointments may be scheduled Monday through Thursday until 2:00pm. You will be contacted within two days of registration to schedule an appointment.

DAY/DATES	TIME	LOCATION	FEE	CODE
M-Th Appointments	10:00 am-2:00 pm	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. In the group class only, Dr. Kane will be assisted by Françoise Vincent, PATH Certified Therapeutic Horsemanship Instructor, with extensive experience in teaching child and adult special needs, and able-bodied populations.



Inner Balance: Optimizing Resilience and Reducing Stress



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

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

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 7/30	1:30-5:00 pm	Medical School Office Building (MSOB), Rm x303	\$250* (STAP/EA: YES)	heart-01

*FEE INCLUDES INNER BALANCE SYSTEM



O'Donohue Family Stanford Educational Farm



Weeding Your Way to Wellness

**Co-sponsored by the School of Earth, Energy & Environmental Sciences*

Enjoy a warm cup of tea, freshly brewed from herbs harvested that morning from Stanford's brand new "farm". While enjoying your tea, your instructor will illuminate the benefits of the mind-body practices you will experience in each class, including the health promoting benefits of interacting with nature. You will learn interesting facts about weeds and how to identify them. After tea, gentle stretching will begin the mind-body practice portion of class. Stretching will flow right into the focused hands-on meditative practice of creating order and balance in the garden, and in one's thoughts, while working in the earth removing weeds in the beds of the Stanford farm. Register and join us anytime throughout the summer.

Promote your well-being this summer by unwinding your mind and moving your body while sharing in the awesome beauty of the new O'Donohue Family Stanford Educational Farm!

Instructors: O'Donohue Family Stanford Educational Farm staff and HIP staff.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 6/30-8/25	7:00-7:50 am	O'Donohue Family Stanford Educational Farm <i>(ELECTIONEER ROAD AND CAMPUS DRIVE, NEAR THE WEST TENNIS COURTS)</i>	\$0	weeds-01



Partner Shiatsu (two options)

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. The receiver and the practitioner will both 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, practicing Shiatsu since 1988, and teaching Pilates since 1995.

Partner Shiatsu: for Neck and Shoulder Release

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 7/16	6:15-7:30 pm	Stanford Equestrian Clubhouse Lawn	\$65 (STAP/EA: YES)	shi-02

Partner Shiatsu: for Hands and Feet

Learn bodywork techniques to apply to overworked hands and feet for relief and relaxation.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 8/13	6:15-7:30 pm	Stanford Equestrian Clubhouse Lawn	\$65 (STAP/EA: YES)	shi-03



Reiki Energy Healing: Levels 1 and 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.

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

Reiki Energy Healing Level 1

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 through 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.

DAY/DATES	TIME	LOCATION	FEE	CODE
Sat 7/11	9:30 am-5:00 pm	Li Ka Shing Learning Ctr., Rm 306	\$200 (STAP/EA: YES)	rh-01

Reiki Energy Healing Level 2

In Level 2, 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. Level 1 Reiki certification (any lineage) is a prerequisite.

DAY/DATES	TIME	LOCATION	FEE	CODE
Sat 7/25	9:30 am-5:00 pm	Li Ka Shing Learning Ctr., Rm 306	\$225 (STAP/EA: YES)	rh-02

Reiki Energy Healing Level 1 & 2 - Register for Level 1 and Level 2 together and receive a \$25 discount.

DAY/DATES	TIME	LOCATION	FEE	CODE
Sat 7/11 & 7/25	9:30 am-5:00 pm	Li Ka Shing Learning Ctr., Rm 306	\$400 (STAP/EA: YES)	rh-03



Summer Creative Play Workshop

"We don't stop playing because we grow old; we grow old because we stop playing." George Bernard Shaw



Let's Play!

So we can feel young and energetic:

Playing can boost your energy and vitality and even improve your resistance to disease. Play can trigger the release of endorphins, the body's natural feel-good chemicals.

To stimulate our minds:

Young children often learn best when they are playing—and that principle applies to adults, as well.

To improve our relationships and our connection to others:

Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others.

Experience summer "re-creation" in this 2-session workshop designed and facilitated by longtime HIP instructor, Deanna Anderson. The goal is to offer the replenishing gift of play, and provide you with skills to further develop your playful nature and outlook on life. Sessions will include laughter, games, song, music, writing, dance/movement, improvisation and more.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 8/5 & 8/12	12:00-1:00 pm	Education Building (Cubberly), Rm 313	\$50 (STAP/EA: YES)	iplay-01



This One's for You: Refresh, Restore, Renew!

This one is for you! It's an opportunity to refresh, restore, and renew so you can do what you want to do, and what you need to do, both at work and home. This series of four, 75-minute lively and confidential conversations will provide practical ideas, guideposts, and solutions. With the same group of people each time, we'll discuss setting and keeping priorities so you can navigate the complex, sometimes competing, zones of personal and professional responsibilities. We'll also talk about making smart decisions, building and keeping strong relationships, and how to stay at the top of your game with (surprising) health tips.

Instructor: Linda Hawes Clever, MD is a Stanford undergrad and medical school alumna. Over the last 16 years as founder and president of the non-profit RENEW, she has worked with faculty, staff, and graduate students who want to maintain robust vitality, outlook and purpose. She is author of *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 7/8-7/29	12:00-1:15 pm	Clark Center, Rm s361	\$150	renew-01



Spinefulness Focus: Relax Low Back Muscles to Sit in Comfort

Do you feel chronic tension or pain in your lower back while sitting? We know that low back pain is only one of the reasons we should sit less and move more—but we also know that sitting is not simply going to go away. Many of our activities require, and are best done while sitting. So, let's relearn to sit in alignment, comfort, and healthy repose. Sitting in a position that allows low back muscles to relax, circulation to flow unimpeded, and breathing to be deep and full, can make our time in 'the dreaded chair' become healing therapy for our low back!

DAY/DATES	TIME	LOCATION	FEE	CODE
Fri, 7/10	12:00-1:00 pm	Medical School Office Building (MSOB), Rm x303	\$30 (STAP/EA: YES)	spineflb-01



Spinefulness Focus: Breathing through the Spine

Did you know that by design, the breath is meant to massage and elongate the human spine? Dr. Roger Sperry, 1981 Nobel Prize winner for brain research states: "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." Modern posture has essentially incapacitated this movement. In this 1-hour session, we will teach postural and breathing basics that will begin to restore elasticity, movement, and length to your spine.

DAY/DATES	TIME	LOCATION	FEE	CODE
Fri, 7/17	12:00-1:00 pm	Center for Educational Research (CERAS), Rm 300	\$30 (STAP/EA: YES)	spinefbs-01



Spinefulness Focus: Relax Your Trapezius for Shoulder and Neck Pain Relief

Imagine your workday without a stiff neck and sore shoulders. Did you know that even pain in your hands can be attributed to incorrect placement of the shoulder blades? With a few shifts in the way you sit, combined with learning how to release those tight muscles in your neck and shoulders, you can sit in comfort, focus better, and you may just be more productive at work! This class will put you on a path of relief for the over-stressed upper trapezius zone.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 8/18	12:00-1:00 pm	Education Building (Cubberly), Rm 334	\$30 (STAP/EA: YES)	spinefns-01

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


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 10-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.

Instructors: 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. Tia Rich, PhD, Stanford Health Improvement Program Senior Health Promotion Specialist. Tia teaches mind-body practices that promote resilience.

Please note: The 10 class sessions will be broken into 2-class sub-sections, each focusing on one of the 5 elements in TOM. Luca will provide an in-depth instructional workshop on one Tuesday and Tia will lead the guided movement practice on the other. Course schedule coordinates with Luca's out-of-town teaching schedule, and thus we'll skip every 3rd Tuesday between July 7 and October 6.

July: METAL Tue 7/7, 5:45-7:00 pm Movement Practice Tue 7/14, 5:45-6:45 pm	水	August: WOOD Tue 8/18, 5:45-7:00 pm Movement Practice Tue 8/25, 5:45-6:45 pm	火	Sept/Oct: EARTH Tue 9/29, 5:45-7:00 pm Movement Practice Tue 10/6, 5:45-6:45 pm
金	July/Aug: WATER Tue 7/28, 5:45-7:00 pm Movement Practice Tue 8/4, 5:45-6:45 pm	木	September: FIRE Tue 9/8, 5:45-7:00 pm **Movement Practice Tue 9/15, 5:45-6:45 pm	土

	DAY/DATES	TIME	LOCATION	FEE	CODE
	Tue, 7/7-10/6	5:45-7:00 pm*	Education Building (Cubberly), Rm 210	\$250 (STAP/EA: YES)	tom-01
	*Note: Instructional Workshop 5:45-7:00 pm and Movement Practice classes 5:45-6:45pm				
	**9/15 class will be held in Bldg 240-101 in the main quad				



Sleep Well, Be Well

Not sleeping enough? Struggling to fall asleep or stay asleep? Having a hard time getting to bed early enough? Do you want to improve your sleep without medication? In this 2-session interactive class, Dr. Britney Blair will provide a thorough overview of why sleep is vital to our overall health, how sleep works, what gets in the way of good sleep, and what we can do to improve our sleep.

Learn practical tips that can be immediately implemented, along with an effective and validated non-pharmacological sleep improvement program called SleepRate™. Exclusively licensed by Stanford University, and using proven sleep improvement methods from the Stanford Sleep Clinic, SleepRate™ is a sleep improvement program that integrates sophisticated technology and therapeutic innovations to help you understand sleep patterns and improve sleep.

At the end of session 1, each participant will take home the SleepRate™ Sleep Improvement Kit along with a sleep assessment goal to work on. In Session 2, we will review the assessment results, answer questions, and Dr. Blair will talk about ways to improve sleep.

Instructor: Britney Blair, Psy.D., CBSM, Licensed Clinical Psychologist. Dr. Blair serves on the adjunct faculty at The Stanford Center for Sleep Sciences and Medicine and maintains a private practice in Palo Alto and San Francisco working with individuals and couples.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 7/16 & 7/23	5:30-6:30 pm	Li Ka Shing Learning Center, Rm 120	\$90 (STAP/EA: YES)	sleepbw-02



Vitality 101: Finding Your Groove

If you want to be excellent, enthusiastic and effective . . .and you want to catch your breath. If you want to have a sense of purpose and joy. . . and you want to be able to connect with colleagues, yourself, family and friends. . . If you want to keep all of the important balls in the air and bounce back from disappointment. . .This is the right time to RENEW!

Our easy-going, yet profound program will explore practical and powerful ways to refresh. We'll discuss values and how best to say "No" and "Yes" at the right times in your career and life. In our time together we'll talk about the five characteristics of "fit" people; learn about ways to integrate intellect, "soul", body, and relationships; and will have lively discussions about getting through a tough day. After this program, you will feel better able to weather change and to move ahead. Join in the inspiration and enjoyment!

Instructor: Linda Hawes Clever, MD, a Stanford graduate, former Associate Dean of Alumni Affairs, is Clinical Professor of Medicine at UCSF, and a member of the Institute of Medicine of the National Academy of Sciences. She founded the not-for-profit RENEW 18 years ago, and is author of *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 8/12	12:00-1:15 pm	3160 Porter Drive, Pacific Ocean Rm	\$40 (STAP/EA: YES)	vital-01



NEW | Empathy Bootcamp: Tools that Support Relationships When it Really Counts

We want to help, but sometimes it feels uncomfortable, or we don't know how to help. This is a good time to look to the wisdom of our grandmothers. How can we, as friends, colleagues, and neighbors reach out to the people we care about in difficult times like loss, illness, you name it; any hard time that can make us shy away when we don't know what to do or say?



Empathy Bootcamp™ is a program grounded in social science and taught with the simplicity and heart of our grandmothers. After 3 hours, lives can change. More empathy happens in the world. It just gets easier to do the right thing.

Instructor: Kelsey Crowe, PhD. Dr. Crowe received her social science PhD from the University of California, Berkeley. She is founder of Help Each Other Out (<http://helpeachotherout.com/>), provides Empathy Bootcamp workshops around the Bay Area, and teaches at San Jose State University.

DAY/DATES	TIME	LOCATION	FEE	CODE
Fri, 8/21	2:00-5:00 pm	Education Building (Cubberly), Rm 334	\$90 (STAP/EA: TBD)	empath-01



The 2015 BeWell@Stanford Employee Incentive Program
 After completing the SHALA for 2015 you will receive the BeWell \$30 discounted price for fitness classes.

For more information visit:
<http://bewell.stanford.edu/>
 Click on the Employee Incentive link



NEW | WEBINAR The Ins and Outs of Advance Healthcare Planning

An important element of one's own wellness plan that often gets forgotten or pushed down the road (until sometimes too late) is advance care planning. Identifying and documenting your treatment care wishes with advanced directives will give you a strong voice in the decisions and management of your care.

Join Dr. Joshua Fronk for this noon-hour webinar as he simplifies and demystifies the ins and outs of advance healthcare planning. Learn about the various options available to discuss and share medical decisions with your physician and medical team. Dr. Fronk will invite an interactive discussion about what it means to have a good quality of life.

Instructor: Joshua Fronk, DO. Dr. Fronk is clinical instructor in the Dept. of Medicine, Division of General Medical Disciplines. He is a palliative medicine and supportive oncology physician and medical director for Stanford outpatient primary care palliative medicine.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 8/19	12:00-1:00 pm	Your computer	\$35 (STAP/EA: TBD)	advhp-30



Better Choices, Better Health - Sponsored by Stanford Coordinated Care, FREE to Stanford employees

This 6-week workshop, also known as the Chronic Disease Self-Management Program, is ideal for individuals with ongoing and persistent health conditions, and also for caregivers. The workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to lead active and purposeful lives. Developed and evaluated at Stanford over 15 years ago, the program is now offered across the US and internationally. Healthy eating, exercise planning, communication skills, dealing with frustration, fatigue, and pain, making informed treatment decisions and other disease-related problem solving will be explored. The environment of mutual support and shared success helps to facilitate lasting positive changes.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 7/1-8/5	5:30-7:30 pm	Center for Clinical Sciences Research (CCSR), Rm 4107	\$0	bcbh-01



**STANFORD
COORDINATED
CARE**

Care with the Patient at the Center

Stanford Coordinated Care is a team of medical professionals and care coordinators who help people with chronic illnesses lead a healthy life and smoothly navigate their health care experiences.

Visit <https://stanfordhealthcare.org/medical-clinics/coordinated-care.html>



Prevent Online Weight-Loss Program for Diabetes Prevention

Join this 16-week, online program to lose weight, develop healthy habits, and reduce your risk for chronic diseases, like type 2 diabetes. Prevent is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. The program is all online, so you can participate via your computer, tablet, or smartphone, whenever it's most convenient for you.

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

*Special Two-Step Registration Process:

Step 1 - Visit www.preventnow.com/su and click "Get Started" to verify your eligibility and sign up.

Step 2 - Return to the HIP site to register for Prevent.

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

DAY/DATES	TIME	LOCATION	FEE	CODE
Rolling start, 6/22-8/28	TBD	Your computer	\$475 (STAP/EA: YES)	prev-01



Summer 2015 Healthy Living Classes At-A-Glance

Full class description and REGISTRATION at hip.stanford.edu

Most Healthy Living Classes STAP/ EA Funds elig

CLASS	DAY	DATES	TIME	LOCATION
Equine-imity—Somatic Horsemanship 1 Hour Individual Sessions	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: Online Program for Improving Emotional Wellbeing	TBD	6/22-8/28	TBD	Your Computer
Personalized Stress Reduction - 4 Sessions	M, Th	6/22-8/28	By appointment	TBD
Prevent: Online Weight-Loss Program for Diabetes Prevention	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: Intentional Quitting	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™: How to Eat Mindfully and Control Your Weight	T	6/30-7/21	12-1:15 PM	Education Building (Cubberly), Rm 207
Mindfulness-Based Stress Reduction (MBSR), Evenings *retreat 8/8 gam-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: Self-Care Principles and Practices	T	7/7-10/6	5:45-7 PM	Education Building (Cubberly), Rm 210
NEW/Mindfulness-Based Stress Reduction (MBSR), Mornings *retreat 8/22 gam-5pm	W	7/8-9/2	6:30-9 AM	Li Ka Shing Learning Center, Rm 208
This One's for You: Refresh, Restore, Renew!	W	7/8-7/29	12-1:15 PM	Clark Center, Rm s361
Equine-imity—Stress Reduction In the Company of Horses	Th	7/9-7/30	4-5:30 PM	Webb Ranch, 2720 Alpine Rd, Portola Valley
Spinefulness Focus: Relax Low Back Muscles to Sit in Comfort	F	7/10/15	12-1:00 PM	Medical School Office Bldg (MSOB), Rm x303
Reiki Energy Healing: Levels 1 and/or 2	Sat	7/11 & 7/25	9:30 AM -5 PM	Li Ka Shing Learning Ctr., Rm 306
NEW/WEBINAR-Nutrition Controversies: Continuing the Conversation	T	7/14/15	12-1:00 PM	Your computer
Weight Management: Starting the Journey	W	7/15-9/2	5:30-7 PM	401 Quarry Road, Room 1211
NEW/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: Breathing through the Spine	F	7/17/15	12-1:00 PM	Center for Educational Research (CERAS, Rm):
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: Action for Results	W	7/22 & 7/29	12-1:00 PM	3160 Porter Drive, Pacific Ocean Rm
Why Did I Eat That - Again?	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: Optimizing Resilience and Reducing Stress	Th	7/30/15	1:30-5 PM	Medical School Office Bldg (MSOB), Rm x303
Computers and Our Hearts - Preserving the Human Element	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: Finding Your Groove	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: Relax Your Trapezius for Shoulder and Neck Pain Relief	T	8/18/15	12-1:00 PM	Education Building (Cubberly), Rm 334
NEW/WEBINAR: The Ins and Outs of Advance Healthcare Planning	W	8/19/15	12-1:00 PM	Your Computer
NEW/ Empathy Bootcamp: Tools that Support Relationships When it Really Counts	F	8/21/15	2-5:00 PM	Education Building (Cubberly), Rm 334
Fuel For School: A Nutritious Start to the School Year	T & Th	8/25 & 8/27	12-1:15 PM	Li Ka Shing Learning Center, Rm 120



HIP RoadShow for all Hospital Employees
Summer 2015



Wellness.HealthySteps4U.org



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MSOB, 1265 Welch Rd.
Stanford, CA 94305-5411
I.D. Mail Code: 5411

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