



Fall 2015 Healthy Living Classes At-A-Glance

Full class description and REGISTRATION at hip.stanford.edu

Most Healthy Living Classes STAP/ EA Funds eligible

CLASS	DAY	DATES	TIME	LOCATION
Active Transportation Counseling™ - one hour	TBD	9/21-12/11	By appointment	TBD
Equine-imity Somatic Horsemanship: <i>1 Hour Individual Session</i>	TBD	9/21-11/19	By appointment	Webb Ranch, 2720 Alpine Rd
Homemade™ - <i>Healthy Eating Made Delicious, Sustainable and Fun</i>	M,T,W,Th	9/21-11/26	6-8 PM	Palo Alto & Menlo Park locations
Lantern: <i>Online Program for Reducing Anxiety</i>	TBD	9/21-12/11	TBD	Your computer
Prevent: <i>Online Weight-Loss Program for Diabetes Prevention</i>	TBD	9/21-12/11	TBD	Your computer
Sitting Comfortably at Your Computer Station - 1 or 3 Individual Sessions	TBD	9/21-12/11	TBD	Your computer
Smoking Cessation: <i>Intentional Quitting</i>	TBD	9/21-12/11	By appointment	Your computer
NEW Mindful Nourishment	M	9/28-11/30	6-8:30 PM	Hoover Pavilion, Health Library
Forgive for Good	T	9/29-10/20	6:30-8:30 PM	Hoover Pavilion, Rm, 201
Mindfulness-Based Stress Reduction (MBSR)	T	9/29-11/17	7-9:30 PM	Li Ka Shing, Rm 120
Weeding Your Way to Wellness: <i>Mornings</i>	T	9/29-10/27	7-7:50 AM	Stanford Educational Farm
Better Choices, Better Health	W	9/30-11/4	5:30-7:30 PM	Hoover Pavilion, 4th Flr Conf Rm
Equine-imity—Stress Reduction In the Company of Horses	Th	10/1-10/22	4-5:30 PM	Webb Ranch, 2720 Alpine Rd
NEW Tending Your Fall Garden	M	9/28-10/12	5:30-7 PM	Stanford Educational Farm
Eating with Intent™ <i>How to Eat Mindfully and Control Your Weight</i>	T	10/6-10/27	12-1:15 PM	3160 Porter Dr., Monterey Bay Conf
Mind, Body, Spirit Moms	T	10/6-12/1	12-1:30 PM	Escondido Village Cntr, Common Rm
Weight Management: <i>Building the Foundation</i>	W	10/7-1/13/16	5:30-7 PM	401 Quarry Rd. Rm 1211
NEW Is An Electric Vehicle Right for You?	Th	10/8/15	5:30-7:15 PM	1070 Arastradero Rd, 202 A
Reiki Energy Healing: <i>Level 1</i>	Sat	10/10/15	9:30 AM-5PM	Li Ka Shing, Rm 306
NEW WEBINAR: Dirty Dozens: <i>Reducing Hidden Toxins in Your Everyday Life</i>	T	10/13/15	12-1 PM	Your computer
CPR and AED: <i>at Porter Dr</i>	Th	10/15/15	1:30-5:30 PM	3160 Porter Dr., Pacific Ocean Rm
Safe and Confident Autumn/Winter Cycling	T	10/20/15	5:30-7:30 PM	1070 Arastradero Rd, Rm 202a/202b
NEW WEBINAR: The Ins and Outs of Advance Healthcare Planning	T	10/20/15	12-1 PM	Your Computer
Aging: <i>Don't Take it Sitting Down</i>	W	10/21 & 10/28	12-1 PM	Clark Center, Rm s361
NEW RENEW: <i>It's About Time - How to Spend It and How to Make It</i>	Th	10/22/15	12-1:15 PM	SLAC: Sycamore Conf Rm # 195
CPR and AED	Fr	10/23/15	1-5 PM	Li Ka Shing Center, Rm 102
Spinefulness: <i>Foundations Intensive</i>	M-Th,Sat	10/26-10/31	12:30-1:20 PM	Education Bldg (Cubberly), Rm 334
NEW A Fat Journey, from Plate to Cells	Th	10/29/15	5:30-6:45 PM	MSOB, Rm x303
First Aid	Th	10/29/15	1-5 PM	Li Ka Shing, Rm 203/204
Weeding Your Way to Wellness: <i>Afternoons</i>	T	11/3-12/1	12-12:50 PM	Stanford Educational Farm
Contemplation By Design (CBD) Events	M-Sun	11/4-11/12	see specific event	Multiple locations
NEW WEBINAR: RENEW: <i>Finding Focus; Staying Focused</i>	T	11/17/15	12-1 PM	Your computer
Inner Balance: <i>Optimizing Resilience and Reducing Stress</i>	Th	11/19/15	1:30-5 PM	Li Ka Shing, Rm 203/204
Stress Eating and Other Non-hunger Eating	Th	11/19/15	5:30-7 PM	MSOB, Rm x303
NEW RENEW: <i>Life Preservers for the Holidays</i>	T	12/1/15	12-1:15 PM	LPCH Auditorium, 1st Floor