SCHEDULE

CLASS

SPRING QUARTER 2016
MARCH 28 - JUNE 3
REGISTRATION BEGINS
MARCH 15

hip.stanford.edu
Healthy Living Classes

Wellness at Work
NEW | Competent Compassionate Communication at Work................. 4
NEW | Increasing Positivity in Your Heart and in the Workplace........ 4
Sitting Comfortably at Your Computer Station.......................... 4

Behavior Change / Environmental Behavior Change
Smoking Cessation: Intentional Quitting....................................... 5
Active Transportation Counseling™............................................... 5
Is An Electric Vehicle Right For You?.......................................... 5

Nutrition / Weight Management
Stress Eating and Other Non-hunger Eating............................... 6
Losing Weight Together................................................................ 6
Healthy Kitchen: the Mediterranean Way.................................... 6
NEW | Ugh. What’s for Dinner?: Meal Planning 101....................... 6
NEW | Personalized Nutrition Coaching........................................... 7
Understanding the Science of Willpower.................................... 7

Stress Management
Breathing for Longevity, Love, and Livelihood............................ 8
NEW | Experience PEACE Walking Meditation and Pause............... 8
Lantern: Online Program for Reducing Anxiety............................. 8
Equine-imity - Stress Reduction In the Company of Horses.......... 9
Equine-imity - Somatic Horsemanship 1 Hour Individual Sessions... 9
Inner Balance: Optimizing Resilience and Reducing Stress........ 9
NEW | Lighten Up: How to be Less Stressed About Stress.............. 10
Personalized Stress Reduction...................................................... 10
Walking the Windhover Labyrinth................................................. 10
NEW | WEBINAR Intro to Mindfulness-Based Stress Reduction........ 11
Mindfulness-Based Stress Reduction............................................. 11
Mindfulness-Based Stress Reduction Early Morning.................... 11

Health Enrichment
SPECIAL EVENT Byron Katie Shares “The Work”......................... 3 & 12
NEW | Drumming at the Farm......................................................... 12

Healing Beyond Borders - HTI Healing Touch – Level 2............... 13
HTI Healing Touch Certificate Program – Level 3......................... 13
Mindful Moms............................................................................... 14
Spinefulness: 2 Options................................................................. 14
NEW | Traditional Oriental Medicine – Level 2............................. 15
Why Sweat It? What’s so HOT about Menopause in 2016.............. 15
Partner Shiatsu for Neck and Shoulder Release.......................... 15
NEW | Starting Fresh: Planting your Spring Garden...................... 16
Weeding Your Way to Wellness.................................................... 16
CPR & AED.................................................................................. 17

Disease Prevention and Management
Prevent: Online Weight-Loss Program for Diabetes Prevention...... 17
NEW | WEBINAR Completing an Advanced Health Care Directive..... 17
NEW | WEBINAR Happy Liver, Happy Life....................................... 18
Better Choices, Better Health....................................................... 18

LEGEND: BeWell Berries 2016
Look for the berry-type icon next to each Healthy Living class.
visit: http://bewell.stanford.edu/program-summary
REGISTRATION INFORMATION

Register online at hip.stanford.edu

- **Credit card** - secure credit card payments can be processed via Cybersource when registering online. Choose the Credit Card option under “Pay balance with:” 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 94305-5411

  Please 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. 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

---

**Who would you be without your story?**

Impostor Syndrome.
Not Good Enough.
Overwhelmed.

---

We all have inner dialogues (stories that can play over and over in our head). The Work of Byron Katie is a simple yet powerful way of identifying and questioning the thoughts that cause all the anger, fear, depression, addiction, and violence in the world. Experience the happiness of undoing those thoughts through The Work, and allow your mind to return to its awakened, peaceful, creative nature. Everything you need in order to do The Work is free on www.thework.com

**READY?**

**The Work**

Wednesday, May 18, 2016 12pm-1pm
Cemex Auditorium at the Knight Management Center

Registration for this free event is required: Register at hip.stanford.edu

---

Cover photo courtesy of Nancy Kurz, Health Improvement Program. Cover design courtesy of Stefan Kiehn, senior graphic design student, Central Washington University.
NEW  | Competent, Compassionate Communication in the Workplace

Since we spend so much of our time at work, learning how to effectively deal with challenging co-workers, employees, and supervisors is worth our time. Research is demonstrating that communicating with compassion results in more positive outcomes, and decreases stress for all parties involved. Stronger climates of compassionate communication often lead to increased job satisfaction, commitment to the organization, and accountability for work performance.

In this course, we will examine and apply practices of compassion, both verbally and nonverbally, such as demonstrating empathy as boundaries are expressed, and using body language to convey understanding. We will cover how power differences can be managed, and how conflict can be diffused with precision and grace.

Instructor: Marianne Neuwirth, PhD, Communication Consultant and Trainer. Dr. Neuwirth specializes in training others in effective self-expression personally and publically, and conducts sessions on Leadership, Storytelling, Persuasion/Negotiation, and Conflict Resolution. She is the Founder and Director of the Oral Communication Program at Menlo Business College, and has been a long-time consultant with Stanford University.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, 5/13</td>
<td>12:30-4:30 pm</td>
<td>Clark Center, Rm 361</td>
<td>$100 (STAP/EA: YES)</td>
<td>cccw-01</td>
</tr>
</tbody>
</table>

NEW  | Increasing Positivity in Your Heart and in the Workplace

Based on research by Martin Seligman, PhD, known as the father of positive psychology and author of *Flourish*, and Barbara Fredrickson, PhD, author of *Positivity*, this seminar will give you practical tips for increasing positivity in your work and home life. You will gain insights on why we tend to gravitate towards and remember the negative experiences in our lives and how we can increase the ratio of positive to negative interactions throughout each day.

Join us in this interactive seminar that will inspire you to make small but powerful changes in your daily habits.

Instructor: Patty de Vries, MS, Director of the Stanford Health Promotion Network.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, 4/15</td>
<td>12:00-1:00 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$30 (STAP/EA: YES)</td>
<td>pwp-01</td>
</tr>
</tbody>
</table>

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. Jean has specialized training for repetitive stress injuries, back, neck, shoulder pain, and thoracic outlet syndrome.

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-hour session</td>
<td>TBD</td>
<td>$100 (STAP/EA: YES)</td>
<td>sccs-02</td>
</tr>
<tr>
<td>Three 1-hour sessions</td>
<td>TBD</td>
<td>$300 (STAP/EA: YES)</td>
<td>sccs-03</td>
</tr>
</tbody>
</table>

Wellness On Wheels

Can’t get away for a HIP class? Let us bring one to your Stanford department!

For more information, go to: http://hip.stanford.edu
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.

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.

<table>
<thead>
<tr>
<th>TIME</th>
<th>LOCATION</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-hour session</td>
<td>TBD</td>
<td>$100 (ea FUNDS: yes)</td>
<td>atc-04</td>
</tr>
</tbody>
</table>

Is An Electric Vehicle Right For You?

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, the public space); range anxiety misconceptions; battery longevity; buying vs. leasing; and the environmental, economic, and personal benefits of EV adoption. As a bonus, there will be a number of EVs to explore in and out, including Nissan Leaf, Kia Soul EV, Chevy Volt, Fiat 500-e, and Ford Focus EV.

Instructors:
- Sven Thesen, PhD, founder of Project Green Home in Palo Alto (ProjectGreenHome.org). Sven is a chemical engineer and one of 2,000 climate 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, Systems Engineer at ChargePoint (prominent local charging company). Jim is familiar with all aspects of installation of EV charging stations at home and in commercial settings. Jim is an experienced EV Driver (45,000 electric miles), and has driven nearly all makes and models of EVs.
- Marc Geller, 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. Mark has been driving an electric car since 2001.
- Jane Rosten, MSW, LCSW, Manager of Stanford HIP’s Environmental Behavior Change program and proud driver of an electric vehicle.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>TIME</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs, 5/19</td>
<td>5:30-7:00 pm</td>
<td>1070 Arastradero Rd, Rm 202A/B</td>
<td>$10 (ea FUNDS: no)</td>
<td>ecars-01</td>
</tr>
</tbody>
</table>
Nutrition / Weight Management

Stress Eating and Other Non-hunger Eating

Do you find that you turn to the refrigerator, vending machine, or kitchen cupboard when feeling stressed, angry, anxious, or unhappy? Do you regret the food choices that you make when feeling under pressure or overwhelmed at work or at home? In this one session class, you will learn tools for deciphering the causes of non-hunger-eating, and for adopting healthier ways to deal with stress, negative feelings, or boredom.

Instructor: Jane Rosten, MSW, LCSW, health educator/psychotherapist.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 6/02</td>
<td>5:30-7:00 pm</td>
<td>Medical School Office Bldg., Rm 303</td>
<td>$40 (STAP/EA: YES)</td>
<td>senhe-01</td>
</tr>
</tbody>
</table>

Losing Weight Together: Working with Your Partner to Make Sustainable Lifestyle Changes

We all know that lifestyle changes are more likely to be sustained when you have the support of your partner. This 5-part class is designed for couples (spouses or partners) who want to assist one another in making healthy changes in the areas of: healthy eating, physical activity, and stress management. We will discuss the process of sustainable lifestyle change, with an emphasis on goal-setting, monitoring one’s progress, and building an effective support network. In addition, we will review the basics around what goes into a healthy diet, what components should be included in your exercise routine, and the importance of effective stress management. Each of the 5 sessions will include an opportunity for couples to set goals together that they will work on in the upcoming week. Please note: Childcare is not available, and thus regrettably we cannot allow parents to bring their children to class.

Instructor: Debbie Balfanz, PhD, Coordinator of the Stanford HIP’s Behavior Change/Weight Management Program.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, 4/27-5/25</td>
<td>5:30-7:00 pm</td>
<td>401 Quarry Road, Rm 1211</td>
<td>$200 (STAP/EA: NO)</td>
<td>lwt-01</td>
</tr>
</tbody>
</table>

Healthy Kitchen: the Mediterranean Way

Curious about the benefits of a Mediterranean diet? Would you like to incorporate more fiber and healthy fats into your recipes? Are you looking for inspiration for family meals?

Please join Rosalyne Tu, RD, Amanda Perez, and Ashley Gephart, MA, for another HIP “Healthy Kitchen” class, this time focusing on the Mediterranean style of cooking and eating. We will review what makes Mediterranean and similar diets, such as the MIND diet, beneficial for your health. You will learn how to modify your own recipes to make them more heart and brain healthy. There will be new recipes to sample as well. Opa!

Instructors: Rosalyne Tu, MS, RD; Amanda Miller, BA (Sociology and Exercise Science), CPT; Ashley Gephart, MA (Health Advocacy), CPT are all Wellness Coaches for the Stanford BeWell Program.

Two dates and locations!

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 5/17</td>
<td>1:00-2:15 pm</td>
<td>Li Ka Shing LearningCtr., Rm 205/206</td>
<td>$40 (STAP/EA: YES)</td>
<td>hkm-01</td>
</tr>
<tr>
<td>Thu, 6/02</td>
<td>1:30-2:45 pm</td>
<td>425 Broadway RWC, Palm Rm A/B</td>
<td>$40 (STAP/EA: YES)</td>
<td>hkm-02</td>
</tr>
</tbody>
</table>

NEW | Ugh, What’s For Dinner? Simple Healthy Meal Planning

We all know that preparing meals at home can increase the likelihood of eating healthy. But, how can we make cooking dinner at home simple? In this class, we will discuss nutrition basics and the varied benefits you’ll experience from incorporating healthy meals into your busy week. You will walk away with simple and nutritious recipes, and tips on how to make meal prep easy. There will be time for a guided exchange of ideas and realistic ways to make healthy meal planning a part of your life. By the end of the class, you will be more confident in your ability to plan and prepare balanced and tasty meals that fit into a healthy lifestyle.

Instructor: Hava Ungar MPH, RD has a BS from Washington University in St. Louis and a Masters in Public Health focused on nutrition from the University of California at Berkeley. She currently works as a health coach for Omada Health helping people reduce their risk for diabetes, and in private practice provides nutrition lectures and one on one counseling.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 4/14</td>
<td>11:30-12:45 pm</td>
<td>3160 Porter Drive, Pacific Ocean Rm</td>
<td>$25 (STAP/EA: YES)</td>
<td>w4d-01</td>
</tr>
</tbody>
</table>
**NEW | 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 reenergize your pathway to wellbeing.

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.

**Our Coaches**

**Christina Becker, MPH, RDN** is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 11 years of experience working in dietetics, non-profit community health, corporate wellness, and she has also served as a BeWell Coach. Christina is a graduate of the Integrative Health & Lifestyle program (IHeLp) at the Arizona Center for Integrative Medicine, and a certified Hatha yoga instructor.

Christina provides guidance on a variety of nutrition topics including healthy and mindful eating, weight management, heart disease, diabetes and GI conditions. 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 did”.

Note: Christina’s sessions are conducted over the phone or via video chat. Requests for in-person consults will be considered.

**Joyce Hanna, MA, MS** is Associate Director of the Health Improvement Program. She has graduate degrees in education, exercise physiology, and nutrition. She has worked extensively as a behavioral health consultant, helping people make healthy lifestyle changes. Joyce teaches HIP’s healthy living classes on nutrition, weight management, behavior change, healthy aging, and science of willpower. Joyce was a consultant to the Governor’s Council on Physical Fitness and Sport. She was president of Fifty-Plus Lifelong Fitness Association, a national organization providing research and education on physical activity and aging.

Joyce walks her talk. She was a nationally ranked marathon runner and continues to live a fit, healthy, and active lifestyle.

Joyce combines the latest research in nutrition, weight management and exercise with a non-judgmental, compassionate approach in helping you reach your goals.

**Understanding the Science of Willpower in Managing Your Weight**

Willpower is a mind-body response, not a virtue that some people seem to have and others don’t. Understanding willpower will enable you to develop the ability to do what YOU WANT for yourself. Self-control is like a muscle and can be strengthened. You can learn the right habits, techniques and strategies, based on the science of self-change, that will work for you. With strengthened self-control, you can reach your weight goals, and make other lifelong changes.

Habits make up 40% of our daily routine and have an enormous impact on our wellbeing. You can train your brain to regulate impulses and avoid self-sabotage. You can learn to distract yourself from temptations. Once you get into the willpower groove, your brain will focus on what you want for yourself and you will find that you are struggling less.

Participants will gain useful tools to reshape habits, avoid temptation, deal with procrastination, and build willpower endurance. The good news is once your willpower becomes stronger in one area, it touches every area in your life.

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

Register online at http://hip.stanford.edu
**Stress Management**

---

### Breathing for Longevity, Love, and Livelihood

Relax, unwind and thrive! In this 4-week class you will learn breathing techniques to increase energy, enhance concentration, cultivate connection to yourself and others, create relaxation, and deepen sleep. Through group practice and individual instruction, discover the benefits of a variety of breathing practices. In-class exercises will illuminate how best to incorporate each breathing skill into your daily life. The CD “Breathing for Longevity, Love and Livelihood” is the spoken word text for this class and is included in the class fee.

Instructor: Tia Rich, PhD, HIP Resilience Programs Manager and Contemplation By Design Director. Dr. Rich has been integrating breath-based self-care, mindfulness, compassion and meditation into stress management programs for Stanford University and Medical Center since 1984.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, 4/22-5/13</td>
<td>12:00-1:00 pm</td>
<td>Education Building (Cubberly), Rm 313</td>
<td>$125 (stap/ea: yes)</td>
<td>bill-01</td>
</tr>
</tbody>
</table>

### Experience PEACE

*An outdoor walking meditation and contemplative pause*

By Pausing to quiet the thinking mind, Engage the senses, Attend mindfully and Connect to oneself, others and nature, we will Experience how the contemplative pause creates renewal, peace of mind, well-being and sustains compassion for oneself and others.

The walk starts at the Andy Goldsworthy Stone River sculpture in front of the Cantor Center for Visual Arts at Stanford University. This hour-long program guides participants through revitalizing, gentle breath-based movements and meditations to transition from cognition into mind-body-spirit integration. Included are guidance for deep breathing, walking meditation, compassionate connection, reflection and creative wise action. If it is raining, this event still will be held, and will begin at the top of the front steps of Cantor. Please bring an umbrella and rain shoes.

Instructor: Tia Rich, PhD, Director, Contemplation By Design (CBD) has been integrating mindfulness, compassion and meditation into stress management programs at Stanford since 1984.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, 4/15</td>
<td>5:00-6:00 pm</td>
<td>*Stone River Sculpture, Cantor Arts Ctr.</td>
<td>$0</td>
<td>pce-01</td>
</tr>
</tbody>
</table>

### 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 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 forty 10-minute sessions over the course of 8-10 weeks, followed by a maintenance program of 1-2 sessions per week for up to a year after program start. 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:**

1. Step 1 - Register for Lantern class at hip.stanford.edu
2. 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.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling start, 3/28-6/3</td>
<td>Self-paced approx. 8-10 weeks, with maintenance up to a year</td>
<td>$325 (stap/ea: yes)</td>
<td>lant-30</td>
</tr>
</tbody>
</table>
**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, qigong, 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 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.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 5/5-5/26</td>
<td>4:00-5:30 pm</td>
<td>Webb Ranch, 2720 Alpine Road, Portola Valley</td>
<td>$300 (STAP/EA: YES)</td>
<td>srph-01</td>
</tr>
</tbody>
</table>

**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, qigong, 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 tethered horse. There is an option for a mounted meditation ride after completing 1 ground session (a ranch surcharge applies, not covered by STAP). No horse experience needed. Handbook included.

Appointments may be scheduled weekdays until 2:00pm. You will be contacted within 5 days of registration to schedule an appointment.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-F Appointments</td>
<td>10:00 am-2:00 pm</td>
<td>Webb Ranch, 2720 Alpine Road, Portola Valley</td>
<td>$120 (STAP/EA: YES)</td>
<td>srphi-04</td>
</tr>
</tbody>
</table>

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 or later, iPad, iPad 2, or later, or iPod touch (4th Generation or later). You will be asked to provide information on the type of device you use so that HeartMath can provide the correct adaptor.

Instructor: Bruce Cryer, HeartMath Senior Advisor and former CEO. Bruce has taught programs at Stanford since 1997, including 8 years for HIP and 13 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.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 5/05</td>
<td>1:30-5:00 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 205/206</td>
<td>$250* (STAP/EA: YES)</td>
<td>heart-01</td>
</tr>
</tbody>
</table>

*FEE INCLUDES INNER BALANCE SYSTEM
**Stress Management**

**NEW | Lighten Up: How to be Less Stressed About Stress**

How can you keep a clear, cool head while under stress? We know from experience (and cutting edge research) that trying to push stress away is a waste of energy, but we keep hearing how bad stress is for us. Stress is not going to disappear, and yet recent studies suggest that a “stress is bad—must get rid of it” mindset may only compound the negative impact of chronic stress on our health. We can instead adopt a “stress–is–enhancing” mindset and see a real positive impact on our wellbeing. Instead of the daily wrestling match, we can elicit the vital role stress can play in living the lives we want to live. In this one hour workshop, we will learn to recognize stress for what it is, learn techniques that will help us stay calm in its midst, and learn ways to shift our thinking to activate the enhancing aspects of stress.

Instructor: Sarah Meyer, MA, completed her graduate degree in Counseling and Health Psychology from Santa Clara University in 2010. She is Manager of Operations for BeWell Coaching at Stanford and works as a health coach and instructor of stress-management and mindfulness programs across campus.

<table>
<thead>
<tr>
<th>DAY/DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, 4/27</td>
<td>12:00-1:00 pm</td>
<td>Clark Center, Rm 361</td>
<td>$30</td>
<td>lu-01</td>
</tr>
</tbody>
</table>

**Personalized Stress Reduction**

This 3-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 1-on-1 support, you will practice techniques taught in the Mindfulness-Based Stress Reduction (MBSR) program, learning strategies such as breath awareness, sitting meditation, body scan, and gentle yoga. You will be contacted within 5 business days of registration for scheduling.

Instructor: Sarah Meyer, MA, completed her graduate degree in Counseling and Health Psychology from Santa Clara University in 2010. She is Manager of Operations for BeWell Coaching at Stanford and works as a health coach and instructor of stress-management and mindfulness programs across campus. Sarah is a trained instructor in Mindfulness-Based Stress Reduction and has been working in the field of health and wellness for nearly 15 years.

<table>
<thead>
<tr>
<th>DAY/DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Tue Appointments</td>
<td>4:00-6:00 pm</td>
<td>Main Campus</td>
<td>$275</td>
<td>psp-04</td>
</tr>
<tr>
<td>Wed Appointments</td>
<td>1:00-3:00 pm</td>
<td>Main Campus</td>
<td>$275</td>
<td>psp-04</td>
</tr>
</tbody>
</table>

*Special requests will be considered on a limited basis. Contact the instructor directly (skmeyer@stanford.edu) to schedule outside appointment times and/or locations.

**Walking the Windhover Labyrinth**  
*co-sponsored with the Stanford Office For Religious Life (ORL)*

The Office for Religious Life (ORL) and HIP are collaborating 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. Class will be held rain or shine. Please dress accordingly. Registration is required for this free class. Please note: class is held on Thursdays, 4/14 and 4/28.

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.

<table>
<thead>
<tr>
<th>DAY/DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 4/14 &amp; 4/28</td>
<td>5:30-6:45 pm</td>
<td>Thornton Center, Rm 210</td>
<td>$0</td>
<td>wlab-01</td>
</tr>
</tbody>
</table>
Stress Management

NEW | WEBINAR Intro to Mindfulness-Based Stress Reduction (MBSR)

We can’t always change our circumstances, but we can change our relationship to them. We can’t always take things off our plate, but we can be present and focused on what we are doing. By practicing curious, gentle, and precise attention to the present moment, we literally re-wire our brains and enable ourselves to live with high function, low stress, focused minds, and open hearts. In this 1-hour webinar, we will discuss current research and utilize practical, accessible, universal skills to develop mindfulness in everyday life.

Instructor: Sarah Meyer, MA, completed her graduate degree in Counseling and Health Psychology from Santa Clara University in 2010. She is Manager of Operations for BeWell Coaching at Stanford and works as a health coach and instructor of stress-management and mindfulness programs across campus. Sarah is a trained instructor in Mindfulness-Based Stress Reduction and has been working in the field of health and wellness for nearly 15 years.

**Day/Dates** | **Time** | **Location** | **Fee** | **Code**
--- | --- | --- | --- | ---
Wed, 5/11 | 12:00-1:00 pm | Your computer | $35 (STAP/EA: YES) | imsm-30

Mindfulness-Based Stress Reduction (MBSR) 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.

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, 4/5-5/24 | 7:00-9:30 pm | Li Ka Shing Learning Ctr., Rm 120 | $330 (STAP/EA: YES) | msm-01

**Note:** All day retreat held on Saturday, 5/14, from 9am-5pm, in Li K. M112

Mindfulness-Based Stress Reduction (MBSR)

The full MBSR program is now offered for early risers!

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.

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**
--- | --- | --- | --- | ---
Wed, 4/13-6/01 | 6:30-9:00 am | Li Ka Shing Learning Ctr., Rm 209 | $330 (STAP/EA: YES) | msm-02

**Note:** Includes retreat on Sunday, 5/1 from 9:30a-4:30p in LiK 209.
Byron Katie Shares “The Work”

The Work of Byron Katie is a simple process of inquiry that teaches you to identify and question the thoughts that cause suffering. During this talk, Katie will guide participants through the fundamentals of undoing those thoughts. She will discuss The Work, as well as facilitate the experience of releasing into happiness. Participants will be offered techniques that allow the mind to return to its true, awakened, peaceful, creative nature.

What is The Work? It is a way of identifying and questioning the thoughts that cause anger, fear, depression, addiction, and violence in the world. It’s a way to understand suffering, and to address the cause of your problems with clarity. In its most basic form, The Work consists of four questions and the turnarounds to those questions. People apply The Work to their experience with illness, friends, or loved ones who’ve passed, issues around colleagues, relationships, job, or money. Her “Little Book” is translated in 29 languages. For more than twenty-five years, Katie has been bringing The Work to millions of people. Byron Katie’s six books include the bestselling Loving What Is, and A Thousand Names for Joy. Her “Little Book” has been translated in 29 languages. A digital version will be emailed to all registered participants prior to the event.

“I discovered that when I believed my thoughts, I suffered, but that when I didn’t believe them, I didn’t suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never disappeared, not for a single moment. That joy is in everyone, always.”

—Byron Katie

**Day/Dates** | **Time** | **Location** | **Fee** | **Code**
---|---|---|---|---
Wed, 5/18 | 12:00-1:00 pm | CEMEX Auditorium, Knight Management Ctr. | $0 | work-01

NEW | Drumming at the Farm – **Making Rhythm & Music for your Body, Mind, and Heart**

Experience the release of work-week cares, and the joyful shared energy of making rhythm and music in community with others. Research findings support the physical, mental, emotional and social benefits of group music making. Participating in musical activities can reduce stress and foster relaxation, increase alpha brain wave activity and enhance creative thinking, help regulate our nervous system, support a healthy immune system, and drumming in particular, is a safe and natural cardiovascular exercise.

- Experience our Natural Rhythm, because we all have rhythm in us – Honest!
- Explore rhythms from World Cultures, and different Music Styles
- Play a Variety of Stick & Hand Drums and Percussion Instruments
- Create Solid Ensemble Grooves that sound and feel great
- Plus! For those that are inspired to get up and move, dancer and longtime HIP instructor Deanna Anderson will lead optional warm-up stretches and creative rhythmic movement.

Meet at the beautiful O’Donahue Stanford Educational Farm on Friday afternoons—and get your weekend off to a great start!

Instructors:
Peter Giordano, founder and executive director of StoryTeller Project. Peter’s career spans over 25 years as an arts educator, professional multi-instrumentalist musician, composer, and music director.

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 & Performance Arts.

**Day/Dates** | **Time** | **Location** | **Fee** | **Code**
---|---|---|---|---
Fri, 4/29-5/20 | 4:30-5:30 pm | O’Donohue Family Stanford Educational Farm | $160 (STAP/EA: YES) | udrum-01
Health Enrichment

**Healing Beyond Borders - HTI Healing Touch – Level 2**

Healing Touch is a complementary, energy-based approach to health that uses heart-centered, gentle, non-invasive techniques to clear, balance and align the human energy system. The goal of Healing Touch is to restore harmony and balance in the energy system, placing the participant in the position to self-heal. In Level 2, you will learn ‘back’ techniques, the assessment process, including recording observations and documentation, and best practices of applying Healing Touch in clinical settings. Participants will be encouraged to share experiences of practicing Level 1 techniques for feedback and growth.

This Class is open to anyone who has successfully completed Healing Beyond Borders HTIs Healing Touch Level 1 and provides 17.5 continuing Education Contact hours for nurses and massage therapists.

Instructor: Elizabeth Helms, RN, BSN, MATP, is a Certified Healing Touch Practitioner / Instructor and Public Health Nurse with a private practice in Arnold, CA. Prior to moving to the Sierra Nevada, Elizabeth had a private practice in Palo Alto and worked as a Healing Touch Provider for Cancer Supportive Services at the Integrative Medicine Clinic at Stanford, and as the Associate Director of the Stanford Healing Partners program.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat &amp; Sun, 4/23-4/24</td>
<td>9:00 am-6:00 pm</td>
<td>1070 Arastradero Rd. Rm 202A/B</td>
<td>$350 (STAP/EA: YES)</td>
<td>ht2-01</td>
</tr>
</tbody>
</table>

**HTI Healing Touch Certificate Program – Level 3**

Healing Touch is a complementary, energy-based approach to health and healing that uses heart-centered, gentle, non-invasive techniques to clear, balance and align the human energy system. The goal of Healing Touch is to restore harmony and balance in the energy system, placing the participant in the position to self-heal.

Level 3
* Prerequisite – HT Levels 1 and 2
* Provides in-depth skills in Healing Touch
* Explores development of Higher Sense Perception, sequencing of healing techniques, working with guidance, self-healing and self-development.

This Class provides 17.5 continuing Education Contact hours for nurses and massage therapists.

Instructor: Sue Kagel RN BSN HNB-BC CHTP/I. Sue has been in nursing for over 30 years. She teaches and presents Healing Touch Internationally while maintaining a Healing Touch practice with a holistic approach at Canyon Ranch Health Resort. Sue is on faculty with Andrew Weil’s Program at the Arizona Center of Integrative Medicine at the University of Arizona, teaching Healing Touch and energy therapy, and is co-author of a NIH research grant using Healing Touch in the NICU. She is Past President of Healing Touch International and co-author of Healing Touch Advancing Life through Energy Therapy (2014).

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat &amp; Sun, 5/21-5/22</td>
<td>9:00 am-6:00 pm</td>
<td>1070 Arastradero Rd. Rm 202A/B</td>
<td>$350 (STAP/EA: YES)</td>
<td>ht3-01</td>
</tr>
</tbody>
</table>

**STANFORD COORDINATED CARE**

Care with the Patient at the Center

*The Stanford Coordinated Care (SCC) clinic is an exclusive primary care offering for eligible employees of the Stanford University, SLAC, SHC and LPCH community and their adult dependents. Coordinated Care offers a bold new approach to deliver customized health services for people with ongoing health conditions. Come meet the doctors, tour the clinic and get your questions answered at one of our monthly Open Houses. This event qualifies for a BeWell Health Enrichment Berry.*

**Open House**

Every 2nd Tuesday of Month
5:30PM-6:30PM
Hoover Pavilion 211 Quarry Rd., Suite 402
To RSVP call Alex Blacker (650-497-0066) or email ablacker@stanfordhealthcare.org

Register online at http://hip.stanford.edu
**Mindful Moms**  *co-sponsored with the Stanford WorkLife Office*

Mindful Moms is a 9-week evidence-based wellness group for moms. Neuroscience research has demonstrated the powerful benefits of mindfulness meditation, as well as its ability to reduce stress, improve mood and treat chronic conditions, including anxiety and depression.

At Mindful Moms, we come together to nurture our minds, bodies and hearts in a supportive community through the practice of mindfulness meditation, gentle yoga, authentic sharing and community building exercises. Each week we explore different themes relating to mindfulness and motherhood. Our emphasis is placed on practicing mindfulness as well as creating a deep sense of community, which is essential for us as mothers. We all share a vital need for meaningful social connection!

**PLEASE NOTE:** Mindful Moms is FREE for all post docs, students (grads and undergrads) and their partners / families! Please contact HIP at healthimprovement@stanford.edu for special registration instructions. Help us spread the word about this opportunity to learn self-care tools and join a sweet circle of moms!

Instructor: Krassi Harwell, certified yoga instructor working in the Bay area since 2001, Thai massage therapist, Hakomi counselor, and DONA-certified doula since 2005. Krassi is also the mother of two children.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 4/12-6/07</td>
<td>12:00-1:30 pm</td>
<td>Escondido Village Ctr., Common Rm</td>
<td>$285 (staff/ea: yes)</td>
<td>mbsm-02</td>
</tr>
</tbody>
</table>

**Spinefulness**

This 4-session class will teach you keen body awareness and corrections that will allow relief from mechanically-based joint and back pain. Whether you are suffering in your neck, feet, or joints, our Spineful approach will guide you to replace patterns of wear and tear with habits that restore joints. You will learn small, but critical, position shifts to apply to everyday activities. Sit comfortably at your desk, drive in your car without pain, or stand happily in line at the grocery store. Tap into the healing potential of gravity in any moment of the day, anywhere you are.

Instructor: Jean Couch, Founder 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 who have no back or joint pain.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, 4/18-5/09</td>
<td>12:00-1:00 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$160 (staff/ea: yes)</td>
<td>spine-01</td>
</tr>
</tbody>
</table>

**Spinefulness Plus: Putting “Spring” Back Into Your Step**

This 6-session class will combine the 4-session Spinefulness class with two additional awesome classes that pay special attention to your feet. Learn anew how to stand and walk in balance and comfort so that perhaps for the first time since childhood, you can experience a true delight in moving! Learn how to prevent wear and tear to the joints in your foot and reduce your chances of forming bunions, hammer toes, plantar fasciitis and plain old sore, tired feet.

Instructors: Jean Couch, Founder 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 who have no back or joint pain.

Jenn Sherer, BS (Stanford University), started as a student at the Balance Center. Spinefulness freed her of the chronic shoulder, neck, knee, bunion and back pain. Now, as Director of the Balance Center, she champions Spinefulness as a practical non-invasive way to resolve muscular skeletal pains and as a way to increase overall wellness.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, 4/18-5/23</td>
<td>12:00 pm-1:00 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$225 (staff/ea: yes)</td>
<td>spine-01a</td>
</tr>
</tbody>
</table>
**NEW | Traditional Oriental Medicine Level 2 - Emotional Healing with Qigong and Acupressure**

Building on the foundation created in the TOM Level 1 acupressure and qigong self-care practice, this course provides self-care skills for health enrichment and healing on the emotional level, with specific focus on promoting healthy sleep, stress management, resilience and overall health. Students will learn TOM techniques for resolving and releasing negative emotions, using new Qigong movements, meditations and healing sounds. Students will learn to identify their main element which will help them specifically address their personal health, including sleep patterns and stress reduction. This opportunity will deepen TOM self-care skills and enhance well-being through care of mind, body and spirit. **Class is limited to participants who have completed TOM Level 1.**

Please note: The 10 class sessions will be broken into 2-class sub-sections, 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. Classes will be held on the following *Tuesdays: 4/12, 4/19, 5/3, 5/10, 5/24, 6/7, 6/21, 6/28, 7/5 and 7/12.

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.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 4/12-7/12*</td>
<td>5:45-7:00 pm**</td>
<td>Old Union Bldg., Rm 120</td>
<td>$250 (stap/ea: yes)</td>
<td>tom2-01</td>
</tr>
</tbody>
</table>

**Instructional Workshop 5:45-7:00 pm and Movement Practice classes 5:45-6:45 pm**

---

**Why Sweat It? What’s so HOT about Menopause in 2016**

Most women start to experience natural menopause in their mid-40’s to mid-50’s as ovarian estrogens decline at the end of the reproductive years, whereas surgical menopause happens abruptly with the removal of the ovaries regardless of age prior to natural menopause. Menopausal symptoms, most notably hot flushes and night sweats which often disrupt sleep, are very common and may continue several years.

The risks, benefits, and effectiveness of common approaches to managing menopausal symptoms, including estrogens, with (if a woman still has her uterus) or without a progestin (if a woman had a hysterectomy), non-hormonal drug treatments, lifestyle and behavioral techniques, including alternative medical approaches will be discussed.

Instructor: Marcia Stefanick, PhD, Professor of Medicine at Stanford University, Director of the Stanford Women and Sex Differences in Medicine (WSDM) Center, co-leader of the Population Sciences Program (Stanford Cancer Institute), and active women’s cardiovascular health researcher.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, 4/29</td>
<td>12:00-1:00 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 308</td>
<td>$30 (stap/ea: yes)</td>
<td>men-01</td>
</tr>
</tbody>
</table>

---

**Partner Shiatsu for Neck and Shoulder Release**

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. You will learn bodywork techniques for the neck, upper back, and shoulders. 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. has been teaching dance since 1977, Pilates since 1995, and practicing Shiatsu since 1988.

<table>
<thead>
<tr>
<th>DAY/DATES</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, 4/25</td>
<td>6:15-7:30 pm</td>
<td>Shriram Ctr. for Bioengineering &amp; Chemical Engineering</td>
<td>$65 (stap/ea: yes)</td>
<td>shi-01</td>
</tr>
</tbody>
</table>
**NEW | Starting Fresh: Planting your Spring Garden**

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

Spring is here again! Spring gardening is a wonderful way to participate in life renewing itself. This wholesome activity promotes the health of both mind and body. The contemplative activities of gardening and interacting with nature at this time of the year allow us to fully experience the awakening and regeneration of spring. And not least, gardening nourishes us with fresh fruits and vegetables! Join us in this 3-session class at the new O’Donohue Stanford Educational Farm while we prepare the soil and ourselves for another healthy season.

You will learn:

*how to grow spring vegetables, and about crop rotation and composting throughout the seasons.*

*simple yoga stretches and ergonomics for safe physical movement in (and out of) the garden.*

*how to enhance the harmonious experience of connecting with nature by practicing mindfulness in the garden.*

Instructor: Anna Lee is a PhD student in the Emmett Interdisciplinary Program in Environment and Resources (E-IPER), studying how people learn about, relate to, and make decisions about food and the environment. She 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, and an MS in Agroecology from UW-Madison. Anna loves gardening, baking, and running far.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, 5/4-5/18</td>
<td>5:30-7:00 pm</td>
<td>Stanford Educational Farm, 175 Electioneer Rd.</td>
<td>$135 (stap/ea: yes)</td>
<td>garden-01</td>
</tr>
</tbody>
</table>

**Weeding Your Way to Wellness**

*This free class is sponsored by School of Earth, Energy, and Environmental Sciences.*

Enjoy a warm cup of tea, freshly brewed from herbs harvested that morning from Stanford’s new farm. While enjoying your tea, your instructor Nessa will highlight the many health promoting benefits that weeding in your garden can provide. You will also learn weed identification, what weeds can tell you about your soil, and which weeds are edible. After tea, we will do some gentle stretching and then begin weeding. Enjoy the meditative quality of weeding to create order and balance in the garden, and in one’s thoughts. Promote your well-being this spring by experiencing the awesome beauty of the new O’Donohue Family Stanford Educational Farm.

NOTE: Wear loose comfortable clothes to be outside for the entire class.

Instructor: Nessarose Schear. Nessarose is a Master's candidate in Freshwater Conservation in the Earth Systems Department. She has been coming to the educational farm since her sophomore undergraduate year and is excited to share this special place!

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, 4/8-6/10</td>
<td>7:00-7:50 am</td>
<td>O’Donohue Family Stanford Educational Farm</td>
<td>$0</td>
<td>weeds-01</td>
</tr>
</tbody>
</table>
Health Enrichment

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.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling start, 3/28-6/3</td>
<td>TBD</td>
<td>Your computer</td>
<td>$475 (STAP/EA: yes)</td>
<td>prev-30</td>
</tr>
</tbody>
</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 cards will be sent out 2 weeks after the class

Date: Thursday, 5/19  Time: 1:00-5:00 pm
Location: Li Ka Shing Learning Ctr., Rm 205/206
Fee: $100 (STAP/EA: YES) Code: cpr-01

NEW | WEBINAR My Voice and My Wishes: Completing an Advanced Health Care Directive

Have you thought about completing a health care directive, but wonder how to actually go about it? Have you been planning to document your health care wishes, but find it easy to put off till later? Please join Joshua Fronk, DO and Heather Shaw, NP for a relaxed and interactive noon hour webinar in which we will walk you through the conversations and paperwork needed to complete an advanced health care directive. For those who are just starting the process, the instructors will discuss the questions and conversations that will help you to uncover your voice and wishes. For those of you who are ready to complete an advanced health care directive, we’ll walk you through the steps to complete the Stanford Health Care advanced directive form. Other popular advanced health care directive forms such as the 5 Wishes will also be discussed. At the end of the session you will have the tools you need to understand and document your wishes.

Instructors:

Joshua Fronk, DO. Dr. Fronk is clinical instructor in the Department of Medicine, Division of General Medical Disciplines. He is a full-time palliative medicine and supportive oncology physician. He also serves as medical director for Stanford outpatient primary care palliative medicine.

Heather Shaw CNP. Heather is a geriatric nurse practitioner. She works for Stanford Health Care in the Palliative Medicine Program.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 5/31</td>
<td>12:00-1:00 pm</td>
<td>Your computer</td>
<td>$0</td>
<td>addir-30</td>
</tr>
</tbody>
</table>
**NEW | WEBINAR Happy Liver, Happy Life – Two Tests that can Save Your Life from Liver Cancer**

The San Francisco Bay Area has the highest rate of liver cancer in the country. This is largely due to the high prevalence of chronic hepatitis B infection, particularly among Asians and other foreign born individuals. Across the US, hepatitis C is the most common cause of liver cancer and new treatments are emerging. Both can be detected through a simple blood test. Most affected individuals do not know they are infected, and thus are at risk for liver disease and liver cancer. Learn about whether you may be at risk for liver cancer and steps that you can take to protect you and your family.

Instructor: Stephanie Chao MD, is an Assistant Professor of Surgery at the Stanford School of Medicine, and a long time hepatitis B researcher and advocate.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, 5/2</td>
<td>12:00-1:00 pm</td>
<td>Your computer</td>
<td>$35 (STAP/EA: YES)</td>
<td>plc-30</td>
</tr>
</tbody>
</table>

**Better Choices, Better Health  co-sponsored with Stanford Coordinated Care**

This 6-week workshop, also known as the Chronic Disease Self-Management Program (CDSMP), 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.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 4/12-5/17</td>
<td>5:30-7:30 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 205</td>
<td>$160 (STAP/EA: YES)</td>
<td>bcbh-01</td>
</tr>
</tbody>
</table>

**Stanford Health Promotion Network**

**Crafting your Culture: At Home & Work**

2016 Annual Summit
Featuring, Barbara Fredrickson, Ph.D.
Director, Social Psychology Doctoral Program
University of North Carolina at Chapel Hill

May 12, 2016: 8AM – 3pm*

Special Rates for HealthySteps Champions

*Full agenda at SHPN.Stanford.edu

---

**Disease Prevention and Management**

Better Choices, Better Health  co-sponsored with Stanford Coordinated Care

This 6-week workshop, also known as the Chronic Disease Self-Management Program (CDSMP), 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.

<table>
<thead>
<tr>
<th>Day/Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 4/12-5/17</td>
<td>5:30-7:30 pm</td>
<td>Li Ka Shing Learning Ctr., Rm 205</td>
<td>$160 (STAP/EA: YES)</td>
<td>bcbh-01</td>
</tr>
</tbody>
</table>

---

**Stanford Health Promotion Network**

**Crafting your Culture: At Home & Work**

2016 Annual Summit
Featuring, Barbara Fredrickson, Ph.D.
Director, Social Psychology Doctoral Program
University of North Carolina at Chapel Hill

May 12, 2016: 8AM – 3pm*

Special Rates for HealthySteps Champions

*Full agenda at SHPN.Stanford.edu
This series of free lunchtime seminars on current public health topics continues this spring

**Social Medicine and Homelessness, An Integrated Team Approach**
Janet Kohl and Sara Doorley of the Santa Clara Valley Medical Center
**Tuesday, April 12, 2016** Li Ka Shing Learning Ctr., 203/204
Registration Link: https://stanfordmedicine.qualtrics.com/SE/?SID=SV_0c6hRcYLjJY1Fr81

**LGBT and the Importance of Data Collection Among Underserved Communities**
Mitch Lunn and Juno Obedin-Maliver of UCSF and the PRIDE Study
**Tuesday, May 17, 2016** Li Ka Shing Learning Ctr., 208
Registration Link: https://stanfordmedicine.qualtrics.com/SE/?SID=SV_1RGWveVmlkpFLkp
(Lunch provided with Registration)

For more information and/or to register, please visit us at OCH.stanford.edu or contact Nell Curran ncurran@stanford.edu
Stanford Health Improvement Program

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

Please visit our website
hip.stanford.edu