

**HIP Engagement Classes, Winter 2019**  
*All Engagement Classes are STAP eligible*

**Climate Change: What You Can Do**

Steve Attinger, Jane Rosten

2/21/2019 - 3/07/2019

Thursdays

6:30 pm - 8:30 pm

Health Research & Policy, Redwood Building (HRP)

150 Governors Lane, T138B

\$150

Climate disruption, one of the foremost challenges of our time, has many implications for both our personal health and the health of our planet. Atmospheric carbon dioxide (CO<sub>2</sub>), the primary cause, has increased to levels never observed before. With US withdrawal from the Paris Climate Accord, many more are asking what they can do to have an impact on climate change.

Fortunately, we can take action with a variety of approaches to safeguard the planet, lower our carbon footprints, and in the process, save money, increase community, and improve health.

This 3-session class is designed to turn good environmental intentions into action. The course takes much guesswork out of which actions have greatest impact, providing a roadmap for where to spend precious time.

Participants will be introduced to skills such as how to “green” transportation at their own pace, save energy at home, recycle better, green finances, make dietary changes, impact policy, and more. Instructors will combine their expertise from over two decades of professional work on the issue, with behavioral science and group support, to help participants make a difference.

Instructor Steve Attinger, MBA, CGBP, is the Environmental Sustainability Manager for the City of Mountain View and Jane Rosten, MSW, LCSW, is the Manager of Stanford HIP's Environmental Behavior Change Program. This class is also approved for the new Cardinal Green financial incentive.

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**Creativity as Your Personal Well-Being Strategy**

Bruce Cryer

Thursday 03/07/2019, 1:30 pm - 5:00 pm, CCSR 4205

Tuesday 03/12/2019, 12:00 pm - 1:15 pm, MSOB X303

Thursday 03/14/2019, 12:00 pm - 1:15 pm, LKSC 308

\$250

Are you expressing your creativity to the fullest? Do you greet each day with exuberance, joy, and a sense of deeply held mission? Do you make time to nurture yourself and your highest aspiration for living? We all need more creativity – to solve problems, start

important projects, repair relationship challenges, help others in need, and simply to be the fullest possible expression of ourselves. Thanks to significant research in disease prevention, we now know that creativity is also good for our health. Finding our creative flow in artistic or other soul-satisfying endeavors makes our immune system stronger, our cardiovascular system more efficient, and our cognitive function sharper and clearer.

In this 3-session course (\*3.5-hour session followed by two 75-minute sessions), you will be immersed in exploring your own creativity through music, art, dance, creative writing and other forms of creative expression. You will learn the science supporting the link between creativity and enhanced health, how to refine talents you barely knew you had, and how to keep creativity alive in your life as your personal well-being strategy! As a part of the class, each participant will receive a thumb drive containing an audio series of guided meditations, a 19-slide inspiration slide show, a video mini-documentary of the *What Makes Your Heart Sing* project, and 2 articles on creativity.

The 3 class dates and times are: Class 1 on Thursday, March 7 from 1:30 pm - 5:00 pm in the Center for Clinical Sciences Research, Room 4205. Classes 2 & 3 on the following Tuesday and Thursday, March 12 in the Medical School Office Bldg., Rm 303 and March 14 from 12:00 pm - 1:15 pm in LKSC, Rm 308.

Instructor Bruce Cryer has been a Broadway actor/singer/dancer, entrepreneur, CEO of HeartMath, mentor, strategic consultant, photographer, artist, and author. He is co-author of *From Chaos to Coherence: The Power to Change Performance*.

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### **Diet How To's of Metabolic Homeostasis**

Gretchen George

02/13/2019 – 03/06/2019

Wednesdays

11:30 am – 1:00 pm

SLAC National Accelerator

2575 Sand Hill Road

Building 40, Sycamore Conference Room 195

\$200

Homeostasis describes how the human body regulates fluid, nutrients, and temperature balance. The current diet culture repeatedly tells us that we must do all the work to keep our body in balance through “clean eating,” fasting, and cleansing. These messages lead to confusion and sometimes anxiety over not doing the right thing.

Join this 4-week class to learn and practice sound nutrition principles. Not only will you learn the basics of nutrition from a metabolic perspective, you will participate in a healthy diet ‘boot camp’ where each week, as a group, we will review eating patterns and practice what we learn. There will be opportunities to share the emotional and physical changes we experience. Learn how the digestive system and metabolic system (related to hunger and satiation) work, and increase your confidence to choose foods that best meet your personal health needs.

Instructor: Gretchen George, PhD, RD, is an Assistant Professor in Nutrition at San Francisco State University. Prior to her faculty position, she worked at Stanford Prevention Research Center as a Research Dietitian on multiple weight loss studies.

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**Empathy and Respect in Action: How Building a Strong Community Boosts Personal Resilience**

Christy Matta, Joanne Ambras

02/05/2019 - 03/05/2019

Tuesdays

4:30 pm - 6:00 pm

Health Research & Policy (HRP), Redwood Building

150 Governors Lane, Room T116

\$200

Want to transform your good will into positive change? Research has shown that volunteerism not only has a positive impact on happiness, self-esteem and life satisfaction but also increases our sense of control and physical health.

In this 4-session class, you'll put your good intentions into action! Guided by principles of community engagement, in-class sessions will explore the HASS Center's 6 pathways to guide your outside-class experience in your community. Through discussion, contemplation and reflection exercises you will deepen your understanding of your impact, learn strategies to address personal barriers, and identify your individual talents and interests to benefit your community. The issue of homelessness will be our vehicle to discover your individual path to meaningful community engagement.

By the end of this class, you will be able to:

- Through research and Bandura's theory of self-efficacy, develop skills and knowledge to translate informed concerns into preventative action.
- Learn and practice strategies to express compassion, maintain hope and motivation in the face of difficult societal problems.
- Recognize how your experience in connecting with your communities and engaging in social change efforts impacts your health, self-efficacy and overall well-being.

Instructor Christy Matta, MA, is the Wellness on Wheels Manager for the Stanford Health Improvement Program and has worked in non-profits and local government overseeing programs for disadvantaged people those with disabilities for over 20 years. Joanne Ambras is a BeWell Coach and her vision is to help end homelessness through productive relationships with community and campus organizations, engaging employees, and mentoring high school students who will become the next generation of advocates.

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**Intuitive Intelligence Meditation**

Tarika Lovegargen  
02/06/2019 – 03/06/2019  
Wednesdays  
12:00 pm – 1:15 pm  
Center for Clinical Sciences Research (CCSR)  
269 Campus Drive, Room 4205  
\$200

Increase your intuitive intelligence, while sharpening your mind! Accessing your intuition is like having a GPS guide you through your professional and personal life. Intuition enhances your logical mind, providing you with a “gut check”, to aid with discernment and choices.

You may have already experienced moments of being guided by your intuitive wisdom. Imagine what it would be like if you simply knew which direction to take in your life, and what choices to make on a day-to-day basis to accomplish what’s important to you. This 4-session class teaches you simple ways to connect with your internal GPS, trust your inner vision, and act on your instincts. To continue practice connecting with your intuition in daily life, participants will receive a series of 10-20 minute guided meditations, through the Lovegarden Meditations App.

Instructor Tarika Lovegarden, Author of *Meditations on the Fridge* was born into a family of meditators, and trained by pre-eminent meditation leaders. Tarika carries forth her lineage teaching individuals and organizations, including Oracle, eBay, and Genentech.

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**Life’s Purpose Workshop, Exploring Purpose for Health, Happiness and Longevity**

Jayna Rogers, Susan Saba  
02/01/2019 - 03/01/2019  
Fridays  
11:30 am - 12:45 pm  
Health Research & Policy Building (HRP)  
150 Governors Lane, Room T116  
\$200

Do you ever feel a need for greater professional or personal fulfillment? In the past few decades, studies on longevity have shown that people who live a “purpose-driven life” not only find more meaning and fulfillment, but are also healthier and happier. In this 5-session workshop, we will take a methodological approach to understanding the importance of purpose, finding your purpose and putting it in the driver’s seat for living a healthier and more fulfilled life.

Join us, as we:

- Identify the health benefits of having purpose in life (reduced anxiety, better sleep, lower mortality to name a few)
- Recognize and prioritize our values
- Define the positive impact of value-based behaviors on health

- Uncover our personal passion and talents/gifts through reflection, worksheets, and guided discussion
- Align our values, passions, and gifts with purpose

Instructor Jayna Rogers, MPH, is a Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease, self-management and smoking cessation. Instructor Susan Saba, MPH, has a background in health education program planning, group facilitation, and health behavior change. She has worked at Stanford Prevention Research Center (SPRC) as a social research professional on health outcomes and chronic disease prevention.

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### **Making Friends with Stress: Maximizing Opportunities for Growth**

Debbie Balfanz, PhD, Dominique Del Chiaro

02/05/2019 - 02/26/2019

Tuesdays

5:30 pm - 7:00 pm

1070 Arastradero Road, Room 202

\$200

Finally, some good news about stress! Recent scientific data has found that there are some real benefits to stress. Times of stress can be opportunities for learning, personal growth, happiness, improved performance, and deeper social interactions. Building on the work of Alia Crum, PhD (Stanford Psychology), this 4-session class will cover the research on the different approaches to stress. Specifically, we will discuss the benefits of having a “stress is enhancing” mindset; strategies for appreciating stress and harnessing that energy; and ways to reduce stress by incorporating creative play into daily life and engaging in mindfulness practices and relaxation techniques. Emphasis will be placed on incorporating lessons from class into your daily routine.

Instructor Debbie Balfanz, PhD, is the Stanford Group Behavior Change Program Manager and provides individual wellness coaching. She has been helping individuals make sustainable lifestyle changes since coming to the Stanford Health Improvement Program in 2002. In addition, Deborah is on her own personal journey to learn how to “make friends with stress.” Instructor Dominique Del Chiaro, MeD, is the HIP Healthy Living Program Manager, a seasoned educator, a transpersonal life coach, a dance and fitness instructor and mentor teacher. She is an avid meditator and has facilitated wellness courses for over 25 years. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero’s Journey and rites of passage.

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### **Mindfulness-Based Stress Reduction (MBSR)**

Mark Abramson

01/15/2019 - 02/26/2019

Tuesdays

7:00 pm - 9:30 pm

Alway Building, M112

\$330

This class is 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, is the founder and facilitator of Mindfulness-Based Stress Reduction 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.

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### **Mindfulness-Based Stress Reduction (MBSR)**

Patty McLucas

02/06/2019 – 03/27/2019

Wednesdays

5:30 pm - 8:00 pm

Li Ka Shing Center for Learning and Knowledge (LKSC)

291 Campus Drive, Room 205/206

\$330

This class is 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 Patty McLucas, Founder of Mindful Wellness, delivers programs in Stress Reduction, Mindful Eating, Sound Sleep and Mindful Leadership Communication. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford's Cancer Supportive Care Program, and teaches mindfulness, meditation and stress reduction for organizations including Apple Computer and Google.

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### **The Power of the Pause Meditation Retreat at Stanford**

Tia Rich

02/23/2019

Saturday  
9:30 am – 5:00 pm  
Cubberley Education Building  
485 Lasuen Mall, Room 313  
\$225

For thousands of years, people have taken contemplative retreats, time spent away from one's normal life, for the purpose of cultivating resilience and equanimity, while deepening meaning, compassion, and wisdom. This Saturday immersion retreat offers you the experience of listening deeply to your body, spirit, and mind while being guided by an experienced teacher in a beautiful setting. Within the nourishing atmosphere and beauty of Stanford's campus, a combination of teaching, practice, and reflection provides a transformative learning experience.

Join us for contemplative practice and walks among Stanford's natural beauty and art, supported by evidence-based contemplative teachings. Careful guidance and training is offered in several practices including ones that facilitate focused attention, embodiment, breath awareness, mindfulness, emotion regulation, values alignment, reflective insight, awe, self-compassion and loving kindness. This retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities on campus along with guidance on how to continue the "power of the pause" in your daily life.

Instructor Tia Rich, PhD, is the Contemplation by Design Director, HIP Resilience, Stress Management and Contemplative Practices manager.

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### **Vitality 201 - Finding and Sustaining Your Groove**

Linda Clever  
02/12/19 - 03/12/19  
Tuesdays  
12:00 pm - 1:15 pm  
3160 Porter Drive, Crystal Springs Conference Room  
\$200

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 learn some danger signals of overload. . . This is the right time to RENEW!

Join Dr. Linda Clever for this for this 5-session program exploring the 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 also talk about the five characteristics of "fit" people, and how to define success. After this program, you will feel better able to find your groove and move ahead. Come be inspired!

Instructor Linda Hawes Clever, MD, is a Stanford graduate and former Associate Dean of Alumni Affairs. She is currently a Clinical Professor of Medicine at UCSF and a member of the

Institute of Medicine of the National Academy of Sciences. She founded not-for-profit RENEW 18 years ago, and is author of *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*.

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**Weight Management: The Journey Continues**

Linda Adler

02/04/2019 – 03/11/2019

Mondays

5:30 pm – 7:00 pm

Psychiatry Building

401 Quarry Road, Room 1211

\$250

Many of us are able to initiate lifestyle changes, but not all of us are successful at maintaining them. This is particularly true when it comes to weight loss: not because it's necessarily difficult, but rather because so many of us aren't aware of the key factors that lead to optimal success. This 6-week class will serve as a resource for participants who experience inevitable challenges but remain committed. You'll learn to think more creatively about your weight loss, and learn new ways to build on your success to make it sustainable. We'll cover lesser-known strategies, focus on your unique challenges, and have some fun in the process. Each class will focus on a specific theme where the instructor/mentor will provide new information designed to generate group discussion, discovery, and peer support.

Instructor Linda Adler, MPH, MA, is the Founder and CEO of Pathfinders Medical, as well as the Principal at Linda Adler Consulting. A former Stanford student and health policy researcher, Linda found success with her own weight management issues through the HIP weight management class, and she is excited to share both her personal experience and professional coaching background to help others achieve their goals.

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**Wisdom Therapy - All We Need is Love, and Wisdom**

Shani Robins

02/09/2019

Saturday

9:00 am - 5:00 pm

Li Ka Shing Center for Learning and Knowledge (LKSC)

291 Campus Drive, Room 208

\$200

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships, well-being, and avoid suffering.

In this 1-day course, we will learn about and practice wisdom skills that have scientifically been found to enhance love and relationships. Skills such as mindfulness, emotional intelligence, empathy, compassion, gratitude, ego transcendence, and openness to experience have been

empirically established as critical to having positive relationships. Other skills such as forgiveness and humor will also be presented and applied. Using multi-media visuals, short films, jokes and engaging activities this course is designed to be fun and practical.

Instructor Shani Robins, PhD, is a licensed Psychologist, a National Institute of Mental Health Fellow, and pioneered the field of Wisdom Therapy. He is the founder and president of the Wisdom Therapy Institute.

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### **Kurbo - Simple "Traffic-Light" Weight Loss Program**

Start Anytime

Your Computer/Device

\$225

Kurbo is a 12-week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthier, exercise more, and manage weight. Rather than focus on calorie counting, Kurbo utilizes the proven Traffic Light food classification system to help you understand food choices, find healthy substitutions, and gradually decrease the number of red lights (unhealthy foods) over time. The Kurbo curriculum is based on proven behavior modification strategies for weight management and the research-based concept of Supportive Accountability, which is the belief that participant success and adherence is greatly improved through a support network of family and friends.

In this program, your personal behavior coach will keep you accountable and motivated with weekly check-ins over video chat and/or text. You will learn simple behavior modification strategies and tools such as goal setting to help you reach your health goals. Between coaching sessions, you will track your food and exercise behaviors in the app and have access to learning materials like videos, cookbooks, and shopping lists to keep you motivated and on track. Lessons cover topics such as reading a food label, understanding portion size, meal planning, exercise strategies, and tips for eating out.

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### **Omada – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease**

Start Anytime

Your Computer/Device

\$550

Join this online health program to lose weight, develop healthy habits, and reduce your risk for chronic diseases like type 2 diabetes and heart disease. Omada 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. Over 225 Stanford University employees have already enrolled!

You'll learn new strategies related to nutrition and 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 participant loses 11 lbs in 16 weeks. Register anytime and begin the program within 2 weeks of your registration date.

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### **Sleepio - Digital Sleep Improvement Program**

Start Anytime

Your Computer/Device

\$300

Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked to 7 of the 15 leading causes of death in the United States, including heart disease, cancer and stroke. Sleepio is a digital sleep improvement program, scientifically proven to work. Over several weeks, you'll learn evidence-based techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind' and to overcome worry and other negative emotions that accompany the experience of being unable to sleep.

The program consists of automated weekly sessions of about 15 minutes each, which you can view wherever and whenever is convenient for you, on your computer, tablet or phone. You'll also gain access to a library of articles and guides that cover common problem areas like pregnancy, shift work, and jet lag.

To get started:

1. Discover your sleep score for free [here](#).
2. Register through HIP and continue with the full online sleep improvement program.