You can complete the program remotely!
Here’s how:

Complete your online SHALA

Wellness Profile
(complete all three)

- Screening by Provider
- Advising by phone or Zoom
- Plan

Engagement
(choose one option)

- Coaching
- Commitment to Family or Community
- Class

Berries
(choose six activities)

- Up to two BeWell video workshops
- BeWell Walkers
- Online Stanford classes and workshops
- Up to two off-campus activities
- WELL for Life survey