

BeWell Engagement Classes

Dive deeper into a wellness issue that is meaningful to you by completing an approved BeWell-eligible Engagement course. Both in-person and online engagement courses are available each quarter.

Complete the Wellness Profile before, during or after completion of your Class.
(Spouses are not eligible to participate in Engagement at this time.)

**For online engagement classes, the 2018 registration deadline is October 1.*

Find out more: <https://bewell.stanford.edu/bewell-program/engagement/>

Living With Intention for a More Fulfilling Life

Research shows that living a life of intention and purpose provides fulfillment and contributes to longevity. Yet often, our days are filled with commitments and little time is spent doing what is most important to us. This can be exhausting and overwhelming at times.

In this 6-week class, you will be guided through the process of reconnecting with your values, uncovering what contributes to your fulfillment, and exploring how to live your life in alignment with your values. Through partner work, mapping exercises, guided meditations, and reflective writing, you will learn concrete tools for living a life of intention and managing the barriers that hold you back. Please join us.

Instructor: Elizabeth Buckley Skolnik is a Certified Professional Co-Active Coach (CPCC) who brings to the table her experience as a Life Coach within her private practice, a Leadership Coach within the corporate world, and a Wellness Coach within Stanford's BeWell and Health Improvement Programs. Elizabeth has a long career working with individuals wishing to make lasting behavior change in the areas of decision making, emotional regulation, wellness, and life balance.

10/10-11/14

Wednesdays

12:15 PM – 1:15 PM

3160 Porter Drive, Bodega Bay Room

\$180 (STAP/EA, Yes)

Climate Change: What You Can Do

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 (CO₂), 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 fun class is comprised of 3 sessions, designed to turn good environmental intentions into action.

where to spend precious time. Participants will be introduced to skills such as how to save energy at home, recycle better, manage 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.

NOTE: This class is also approved for the new Cardinal Green financial incentive; details here: <http://sustainable.stanford.edu/cardinal-green/my-cardinal-green>

PLEASE NOTE: The first class will be held in Li Ka Shing Room 205/206 on Oct. 11, and the Oct. 17 & 24 classes will be held in Li Ka Shing Room 208.

Instructors: Steve Attinger, MBA, CGBP, Environmental Sustainability Manager, City of Mountain View, and Jane Rosten MSW, LCSW, Manager of Stanford HIP's Environmental Behavior Change Program.

10/11-10/25

Thursdays

6:30 PM – 8:30 PM

Li Ka Shing Center for Learning and Knowledge (LKSC), Room 205/206 (291 Campus Drive)

\$150 (STAP/EA, Yes)

Life's Purpose Workshop: Exploring Purpose for Health, Happiness, and Longevity

The meaning of life is to find your gift. The purpose of life is to give it away. - Pablo Picasso

Have you ever wished for more professional and 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, they are also healthier and happier. In this 5-session workshop, you will learn why purpose is important to your health, and we will take a methodological approach to finding your purpose and putting it in the driver’s seat for living a healthier and more fulfilled life. By the end of this class, participants will be able to:

- Identify the health benefits of having purpose in life (such as reduced stress, anxiety, better sleep, lower mortality)
- Recognize one’s values (by doing reflection activities, and conversations on personal values systems)
- Define the positive impact of value-based behaviors on health (review the effect of value affirmation in behavior change)
- Uncover their passion and talents/gifts through reflection, worksheets, and guided conversation
- Align values, passions, and gifts with purpose (class activities to define top 5 passions and top 5 gifts in a purpose formula)
- Draft and use one’s Purpose Statement to develop a plan of action for living a healthy, purpose-driven life.

Instructors: 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, smoking cessation.

Susan Saba, MPH. Susan has a background in health education program planning, group facilitation, and health behavior change. She has worked at Stanford Prevention Research Center (SPRC) as social research professional on health outcomes and chronic disease prevention.

10/5-11/2

Fridays

12:00 PM - 1:15 PM

Health Research & Policy, Redwood Building (HRP), Room T116 (150 Governor's Lane)

\$200 (STAP/EA- Yes)

Traditional Oriental Medicine Self-Care Principles and Practices

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Chinese Medicine, is a 5-session class in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body.

You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement. At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands.

PLEASE NOTE: This is a M-F course, October 22-26, in the evening from 5:45-7:00pm

Instructor: 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.

10/22-10/26

Monday-Friday

5:45 PM - 7:00 PM

Health Research & Policy, Redwood Building (HRP), Room T138B (150 Governor's Lane)

\$200 (STAP/EA – Yes)

Sleepio - Digital Sleep Improvement Program

Sleep plays an essential role in regulating our emotions, behavior, and physiology. 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 the 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 which cover common problem areas, like pregnancy and sleep, shift work, and jet lag. To get started:

Step 1 - Discover your sleep score for free: https://www.sleepio.com/work/stanford/#/welcome?_k=ciufjl
Step 2 - Register through HIP and continue with the full online sleep improvement program

Instructor: Sleepio's virtual sleep expert. The Prof. will guide you through the program. The Prof will help

progress.

Rolling Start
Online
\$300 (STAP/EA, Yes)

Kurbo

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 or phone. 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.

Rolling start
Online
\$225 (STAP/EA, Yes)

Weight Management: Starting the Journey

This 8-week program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work.

Each class will consist of individual health behavior goal setting, group discussion and activities. All interested individuals are required to engage in a short phone call with the facilitator before registering to ensure that the class is the right fit for them.

Facilitator: Debbie Balfanz, PhD, coordinator of the Stanford Behavior Change/Weight Management Program.

Please contact Debbie at 725-3185 before registering.

10/24-1/9
Wednesdays
5:30 PM – 7:00 PM
Psychiatry Building, Room 1211 (401 Quarry Road)
\$250 (STAP/EA, Yes)

Omada™ Online Weight-Loss Program for Prevention of Diabetes and Heart Disease

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, 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 pounds at 16 weeks. *Register anytime and begin the program within 2 weeks of your registration date.

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

Day/Dates: Rolling start Time: Self-paced 16 weeks, with maintenance up to a year.

Apply here: <https://go.omadahealth.com/deployments/su>

Rolling Start

Online

\$550 (STAP/EA, Yes)

Diet How To's of Metabolic Homeostasis

Homeostasis describes how the human body regulates fluid, nutrient, 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 worry. Join in a 4-week class series where you both learn and practice nutrition principles. Not only will you learn the basics of nutrition in a metabolic sense, you will participate in diet boot camp where we will as a group review patterns and practice what we learn, with opportunities to share the emotional and physical changes we experience. Learn how the digestive system and metabolic system (related to diet and satiation) work and increase your self-efficacy with dietary choices that best meet your personal health needs.

Instructor: Gretchen George, PhD, RD, is an Assistant Professor in Nutrition at San Francisco State University. She worked at Stanford Prevention Research Center prior to her faculty position as a Research Dietitian on multiple weight loss studies. She currently focuses her work on body dissatisfaction, environmental stress, and health risk factors in overweight and obese youth and also in college students majoring in health-related professions.

10/11-11/1

Thursdays

12:00 PM – 1:30 PM

Li Ka Shing Center for Learning and Knowledge (LKSC), Room 304/305 (291 Campus Drive)

\$200 (STAP/EA, Yes)

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 9-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.

Instructor: Mark Abramson, DDS, 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.

9/25-11/13

Tuesdays

7:00 PM - 9:30 PM

Li Ka Shing Center for Learning and Knowledge (LKSC), Room 13054 (291 Campus Drive)

\$330 (STAP/EA, Yes)

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 mindfulness meditation, tai chi, qigong, yoga, Reiki, 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.

Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. Dr. Kane will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.

9/27-10/18

Thursdays

4:00 PM - 5:30 PM

Webb Ranch (2720 Alpine Road)

\$320 (STAP/EA, Yes)
