



Nutrition / Weight Management

Mindful Eating: Eating with Intent

Gain awareness to help you lose weight by recognizing and respecting the hunger and satisfaction cues that emanate from the body, in this 3-week one-hour workshop led by *Patty McLucas, CPT*, Wellness Consultant, trained instructor of Mindfulness-Based Stress Reduction and co-founder of Breathing Room in San Carlos.

Stress Management / Resiliency

Martial Arts for the Mind: Stress and Resiliency Skills for the Workplace

Gain clarity of mind and an increased capacity to meet and overcome life's challenges in this three hour, experiential training led by *David and Karen Gamow*, founders of Clarity Seminars. Participants will leave the class with an array of cognitive skills to effectively deal with stress, including clinically effective techniques in breathing, relaxation, and meditation.

Intro to Mindfulness-Based Stress Reduction

Gain a new understanding of how stress affects your life, and how to live more fully in this one hour workshop modeled on the core principals from the Stress Reduction Clinic at UMass. Participants will leave with an increased understanding of the benefits of meditation and mindfulness, and concrete skills for practicing these techniques. Included in the class fee is the text *Full Catastrophe Living*, by Jon Kabat-Zinn. Instructors *Patty McLucas, CPT* and *Sarah Meyer, MA* have been trained in the Mindfulness-Based Stress Reduction Curriculum and have over 10 years of experience in the field of stress reduction, health and wellness.

Trigger Happy: Handling Hot Button Emotions

Strengthen your ability to pause and make grounded choices about your thoughts and actions in this one-hour workshop facilitated by *Sarah Meyer, MA*, mindfulness educator, counselor, coach, and Manager of Operations for BeWell Advising at Stanford. Participants will leave with increased emotional awareness, and concrete skills for responding to difficult situations and emotions.

Sun Energy: Intro to Breathing

Connect to the energy & vibrancy of the sun and celebrate the energy that it brings in this one hour workshop facilitated by *Moj Rajmi*, ERYT500 certified yoga instructor and Inspired Anusara teacher. Participants will leave feeling energized with a greater sense of playfulness, and clearly defined skills to help re-invoke these feelings in your everyday life.

Own Your Morning, Own Your Day

Learn to make a small change for a drastic shift in your everyday life in this one hour workshop facilitated by *Moj Rajmi*, ERYT500 certified yoga instructor and Inspired Anusara teacher. Participants will leave the workshop with an increased understanding of the significance of morning routine, and a 15-minute personalized ritual to invoke their best self every day.

Thriving in a High-Stakes Environment: How Mindfulness Reduces Stress and Builds Resilience

Increase productivity, critical decision-making and out-of-the-box problem solving in this one hour workshop led by *Patty McLucas*, CPT, Wellness Consultant, trained instructor of the Mindfulness-Based Stress Reduction curriculum, and co-founder and owner of Breathing Room in San Carlos. Participants will leave with 5 take-away practices that can change your relationship to stress without taking time out of your day.

Enhancing Resilience by Cultivating a Contemplative Lifestyle

Develop daily lifestyle habits that will help you to render the resilience, manage stress, deal with difficult feelings and effectively handle whatever comes your way in this one-hour, 2 session workshop facilitated by *Tia Rich*, PhD, MSW, and Manager of Resilience and Stress Management Programs and Director of Contemplation by Design at Stanford. Participants will leave with a baseline understanding of over 50 years of research supporting contemplative practices, as well as the tools and a and personalized action-plan for developing a contemplative lifestyle.

Cultivate Emotional Resilience: Strategies for the mind and body

In this one time, one-hour workshop led by *Christy Matta*, MA, Stanford BeWell Health Coach and Author of *The Stress Response: How Dialectical Behavioral Therapy Can Free You From Needless Anxiety, Worry, Anger, And Other Symptoms of Stress*, participants will learn to identify and cultivate cognitive strategies including visualization, meaning-making, mindfulness and relaxation to improve emotional resilience in the midst of stressful life circumstances.

The Art of the Possible- Nurturing the Positive

Research indicates that positive emotions not only off-set stress, but also facilitate flexible, inclusive, creative, integrative and forward thinking. Learn to increase positive events and emotions and set goals for building positive life events in this one time, one-hour workshop, led by *Christy Matta*, MA, Stanford BeWell Health Coach and Author of *The Stress Response: How Dialectical Behavioral Therapy Can Free You From Needless Anxiety, Worry, Anger, And Other Symptoms of Stress*. Participants will take away a variety of evidence-based strategies for increasing positive emotions, including

scheduling positive events, focus on social connection, positive thinking and letting go of worries.

Building Resilience with Acceptance

Recent research indicates that acceptance of what cannot be changed improves emotional resilience and happiness. In this one-hour workshop, led by *Christy Matta, MA*, Stanford BeWell Health Coach and Author of *The Stress Response: How Dialectical Behavioral Therapy Can Free You From Needless Anxiety, Worry, Anger, And Other Symptoms of Stress*, participants will gain an overview of principles of acceptance, acceptance strategies, including mindfulness and self-compassion, and an understanding of how acceptance is different from giving up.

Stress Management: What you think and how you act matters

Research has shown when we connect while under stress, we change how stress operates in the brain, thereby fostering resilience. In this one hour workshop, led by *Christy Matta, MA*, Stanford BeWell Health Coach and Author of *The Stress Response: How Dialectical Behavioral Therapy Can Free You From Needless Anxiety, Worry, Anger, And Other Symptoms of Stress*, participants will learn and practice exercises designed to change the bodies stress response and foster emotional resilience. Participants will leave with key strategies to think and act with resilience, including developing bigger-than-self goals and connecting to our common humanity.

Wellness at Work

Unwind at Your Desk – Breathe, Stretch, Revitalize

Gain essential tools to help you stay healthy and alert and more dynamically embodied at your desk in this one hour workshop facilitated by *Deanna Anderson*, dancer, actor and movement therapist. Participants will leave with 10 energizing exercises to do at work, strategies to incorporate movement breaks throughout your day, and a visual handout of the exercises to refer to anytime.

Breathing Through Your Spine

Learn postural and breathing basics that will begin to restore elasticity, movement and breath to your spine in this one hour, 4 session class led by *Jean Couch*, Founder and co-director of the Balance Center and author of "The Runner's Yoga Book. Participants will leave with skills to feel better, shed tension, improve posture and relax with the breath.

Intro to Spinefulness

Develop keen body awareness and corrections that will allow relief from mechanically-based joint and back pain in this one hour workshop facilitated by *Jean Couch*,

Founder and co-director of the Balance Center and author of "The Runner's Yoga Book." Participants will leave with small, but critical position shifts to use anytime and anywhere.

CPR/AED

Learn to help victims of heart attacks and accidents in this four-hour training led by Life Safety Associates. Participants will have the opportunity to practice techniques with mannequins and Automated External Defibrillator. Certificate of completion cards will be sent out 2 weeks after the class.

First Aid

Gain a variety of first aid techniques to use when responding to victims of accidents in this four-hour workshop led by Life Safety Associates. Certificate of completion cards will be sent out 2 weeks after the class.

Wellness-Infused Team Training

Leadership and the Value of Positive Interactions

Learn how positive interactions and simple interpersonal skills can increase leadership effectiveness in your workplace in this 2 hour workshop held by *Patty Purpur de Vries, MS*, entrepreneur, author, and the current Director of Stanford Health Promotion Network and Director of Strategic Projects for the Stanford Medicine WellMD Center.

Strength Finder 2.0

Discover your top 5 innate talents and how to develop them into strengths you can count on for future successes! This 90-minute workshop is intended for individual leaders and managers, or full teams up to 20 people. Facilitator *Patty Purpur de Vries, MS*, is an entrepreneur, author, and the current Director of Stanford Health Promotion Network and Director of Strategic Projects for the Stanford Medicine WellMD Center.

Practical Self Care Tips and Strategies

Learn and practice simple, practical self-care tools and strategies for incorporating self-compassion into a busy lifestyle in this one-hour workshop. Instructor *Patty Purpur de Vries, MS* will introduce the 'being to doing' approach to self-care which includes breathing techniques, compassion for self and others, mindfulness, gratitude, visualization, knowing and using your strengths, setting goals, and exercising. Patty is an entrepreneur, author, and the current Director of Stanford Health Promotion Network and Director of Strategic Projects for the Stanford Medicine WellMD Center.

Disease Prevention and Management

Prediabetes: A Wake-Up Call

Learn to slow the progression and even prevent diabetes from developing in this one hour 4-session class led by *Nicole Cooper, BS, RD, CPT* and BeWell Health Coach at Stanford. Participants will leave with a baseline understanding of the progression from pre-diabetes to diabetes, and preventative actions to slow, stall, and even reverse the disease progression.

Health Enrichment

Time management for Less Stress and More Joy

Learn how to be effective, efficient, and fulfilled both at work and at home by setting healthy boundaries and planning ahead. In this one hour, 2 session workshop held by *Laura Becker Lewke, LLB, MBA*, a lawyer, business woman, and a BeWell coach, you will learn to rethink time management and to create a new approach, one with less stress and greater margins for joy.

Resilience 101: Bouncing Back Despite Change & Challenges

Learn to pause and catch your breath, and become enthusiastic, energetic and effective in this 75-minute workshop led by *Linda Hawes Clever, MD*, a Stanford medical graduate, internist, occupational medicine specialist, founder and president of the non-profit RENEW and author of *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*. Participants will gain access to an easy-going and profound program composed of practical and powerful ways to refresh your life.

Oh for a Good Night's Sleep: Using Mindfulness to Regulate Your Sleep and Your Life

Discover how the simple practice of mindfulness can help transform your lifestyle habits to set the stage for a peaceful night's sleep in this 75-minute workshop led by *Patty McLucas, CPT*, Wellness Consultant, trained instructor of the Mindfulness-Based Stress Reduction curriculum, and co-founder and owner of Breathing Room in San Carlos. Participants will experience guided meditations to feel better and improve coping skills. Participants will learn current guidelines for good sleep hygiene and the most common causes of nighttime wakefulness and difficulty falling asleep.

Creative Play

Learn ways to develop your playful nature and positive outlook on life, de-stress your body and mind, and enjoy the conviviality of community in this one hour, 4-session workshop led by *Deanna Anderson*, dancer, actor and movement therapist.

Participants will enjoy games, joyful music, theatrical play, creative storytelling, and a whole lot of laughs.

Awaken Your Natural Voice

Gain confidence and ease for meaningful communication in this one hour, 3-session class led by *Deanna Anderson*, dancer, actor and movement therapist. Participants will learn a series of integrated breath/movement and vocal techniques that can help you rediscover your natural and free voice for better communication and connections.

Healthy Friends, Healthy Behaviors: The Power of Influence

Learn how to jump-start your own efforts in healthy self-care with the support and camaraderie of others in your workplace, community group or family in this one hour workshop led by *Patty McLucas*, CPT, Wellness Consultant, trained instructor of the Mindfulness-Based Stress Reduction curriculum, co-founder and owner of Breathing Room in San Carlos. Students will participate in interactive exercises and receive instructions on how to strive forward with the support of a healthy community.

Relationship Wellness: Obtaining Change You Want

Learn to improve your health and wellbeing through your social connections and personal relationships in this one-hour, evidence based workshop facilitated by *Christy Matta, MA*, Stanford BeWell Health Coach and Author of *The Stress Response: How Dialectical Behavioral Therapy Can Free You From Needless Anxiety, Worry, Anger, And Other Symptoms of Stress*. Participants of this workshop will learn positive interpersonal strategies to voice their needs and set healthy boundaries, and will leave with specific skills to open discussions in a healthy and assertive manner.

Building Wellness through Caring for Relationships

Social networks were cited as key to wellness in recent research conducted by Stanford Prevention Research Center. In this one hour workshop, led by *Christy Matta, MA*, Stanford BeWell Health Coach and Author of *The Stress Response: How Dialectical Behavioral Therapy Can Free You From Needless Anxiety, Worry, Anger, And Other Symptoms of Stress*, participants will learn 3 key, evidence-based strategies for building and maintaining healthy relationships, including voicing needs, maintaining strong bonds, and identifying values in relationship.

Caring for Self While Caring for Others

Research indicates that those exposed to trauma are at greater risk for developing stress-related reactions. Caring for others, having born witness to tragedy, or worked with suffering people/environments requires an understanding of how this exposure affects your wellbeing. This one-hour workshop, led by *Christy Matta, MA*, Stanford BeWell Health Coach and Author of *The Stress Response: How Dialectical Behavioral Therapy Can Free You From Needless Anxiety, Worry, Anger, And Other Symptoms of Stress* will provide the basis for recognizing signs of being affected by others pain and evidence-based strategies for creating emotional resilience, including patience, compassion and presence in the moment.

Environmental Health

Climate Change: What You Can Do

Learn to reduce polluting emissions, save money, improve individual and global health, even impact severe weather all by lowering your carbon footprint and exploring how to affect policy, if desired, in this 75-minute workshop. The offering is facilitated by *Jane Rosten, MSW, LCSW*, Manager of Stanford HIP's Environmental Behavior Change Program, and licensed psychotherapist. Participants will be introduced to scientific understanding of climate change, as well as a variety of practical approaches for safeguarding the planet.