

Stanford

Healthy Living Schedule

Nutrition, Movement, Sleep

A Plant-Based Approach to Eating for Health and Beyond+
Mon | Jun. 3 | 12p

Cook Your Way to Better Health (April 22-29)
Mon | Apr. 22 - 29 | 12p

Create Your Own Strength Workout at Home and Work
Mon | May 20 | 12p

Eat Well for Life
Mon | May 6 - 20 | 12p

Everything You Wanted to Know about Sleep
Tue | May 28 | 12p

Food Trends
Tue | June 4 | 12p

Nutrition and Bone Health
Fri | Apr. 12 | 12p

Physical Activity for Longevity
Wed | May 15 | 12p

Virtual Cooking Class – Seasonal Cooking to Nourish You from the Inside Out
Thu | May 2 | 5p

Springtime in the Garden+
- Jams and Jellies
Tue | May 21 | 5p
- Make Your Own Kimchi
Tue | June 4 | 5p

Prevention and Conditions Management

Fertility 101 – From Planning to Pregnancy*
Thu | May 2 | 12p

Happy Gut, Happy Life
Wed | Apr. 17 – May 1 | 12p

Give Your Liver a Little Love
Thu | Apr. 25 | 12p

Prevention and Conditions Management

Insights Into Eye Care
Mon | Apr. 15 | 12p

Oral Health for a Longer, Healthier Life
Fri | May 31 | 12p

Personal Strategies for Alcohol and Drug Management
Tue | May 14 | 12p

Enhance Your Well-being

Aging Wisely*
- Geriatric Health Care Providers and Community-Based Elder Care
Thu | April 4 | 11a
- Caring for the Caregiver
Thu | April 18 | 11a

Doing the Best We Can
Fri | May 24 | 12p

Forest Bathing – A Sensory Immersion in Nature+
Sat | May 4 | 9a

How to Thrive in Your Flexible Work Environment*
Thu | Jun. 6 | 12p

Managing Unexpected Expenses and Navigating Market Volatility*
Tue | Apr. 9 | 12p

Neurodiversity in the Workplace*
Wed | May 22 | 12p

New to Grief*
Thu | May 30 | 4p

Spring Book Club Discussion – *Lab Girl*, by Hope Jahren*
Tue | Apr. 2 | 12p

Mind, Spirit, Resilience

Mindfulness Practices for Everyday+
Mon | Apr. 15 | 5p

Tame Your Temper
Wed | Apr. 10 | 12p

The Fundamentals of Meditation
Fri | Apr. 26 – May 17 | 4p

The Healing Power of Proper Breathing
Fri | Apr. 5 | 3p

The Mind + Body Connection
Wed | Jun. 5 | 12p

Create, Connect, Flourish

Beginning Zentangle Art
Wed | May 29 | 12p

Create Your Well-Being
Fri | June 7 | 12p

Five Keys to a Happier Life
Fri | Apr. 19 – May 17 | 12p

From Mindset to Motion
Tue | Apr. 23 – May 7 | 12p

Improve Your Well-Being Through Meaningful Connections at Work
Thu | May 9 – 30 | 12p

Journaling for Emotional Processing
Wed | Apr. 24 – May 15 | 4:30p

Listening with Empathy
Fri | Apr. 5 | 12p

Science-Based Practices for a Flourishing Life
Thu | Apr. 18 - 25 | 3p

Spring 2024
April 1 – June 7

Lifestyle Coaching

Group Wellness Coaching

Coaching for Clinicians and SoM Faculty

Nutrition

Physical Activity

Sleep Coaching

Smoking and Vaping Cessation

Stress Management

Weight Management

Wellness

Apps

Better Choices, Better Health

Headspace – Meditation Made Simple

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

Sleepio – Digital Sleep Improvement Program

Substance Misuse CheckUp & Choices

WW – Weight Watchers

All Healthy Living offerings are STAP/EA funds-approved and eligible for BeWell/HealthySteps to Wellness points during the program year.

* Denotes free class
+Denotes in-person class

For complete class descriptions and registration information, visit stanford.io/healthy.

April

2	Tue	12p		Spring Book Club Discussion – <i>Lab Girl</i> , by Hope Jahren*
4	Thu	11a		Aging Wisely – Geriatric Health Care Providers and Community-Based Elder Care*
5	Fri	12p		Listening with Empathy
5	Fri	3p		The Healing Power of Proper Breathing
9	Tue	12p		Managing Unexpected Expenses and Navigating Market Volatility*
10	Wed	12p		Tame Your Temper
12	Fri	12p		Nutrition and Bone Health – What You Should Know About Healthy Aging
15	Mon	12p		Insights into Eye Care – Keeping Your Eyes Healthy and Bright
15	Mon	5p		Mindfulness Practices for Everyday – Energize Your Own Best State+
17	Wed	12p		Happy Gut, Happy Life (April 17 – May 1)
18	Thu	11a		Aging Wisely – Caring for the Caregiver*
18	Thu	3p		Science-Based Practices for a Flourishing Life (April 18 – 25)
19	Fri	12p		Five Keys to a Happier Life (April 19 – May 17)
22	Mon	12p		Cook Your Way to Better Health (April 22 – 29)
23	Tue	12p		From Mindset to Motion (April 23 – May 7)
24	Wed	4:30p		Journaling for Emotional Processing (April 24 – May 15)
25	Thu	12p		Give Your Liver a Little Love
26	Fri	4p		The Fundamentals of Meditation (April 26 – May 17)

May

2	Thu	12p		Fertility 101 – From Planning to Pregnancy*
2	Thu	5p		Virtual Cooking Class – Seasonal Cooking to Nourish You from the Inside Out
4	Sat	9a		Forest Bathing - A Sensory Immersion in Nature for Well-Being+
6	Mon	12p		Eat Well for Life (May 6 – 20)

May

7	Tue	4p		Equine-imity – Stress Reduction in the Company of Horses (May 7 – 28)+
9	Thu	12p		Improve Your Well-Being Through Meaningful Connections at Work (May 9 – 30)
14	Tue	12p		Personal Strategies for Alcohol and Drug Management
15	Wed	12p		Physical Activity for Longevity
16	Thu	12p		Group Wellness Coaching
20	Mon	12p		Create Your Own Strength Workout at Home and at Work
21	Tue	5p		Springtime in the Garden – Jams and Jellies+
22	Wed	12p		Neurodiversity in the Workplace*
24	Fri	12p		Doing the Best We Can – Self-Compassion without Compromising Success
28	Tue	12p		Everything You Wanted to Know About Sleep (but were Afraid to Ask)
29	Wed	12p		Beginning Zentangle Art
30	Thu	4p		New to Grief – Coping with Loss and Strengthening Resilience*
31	Fri	12p		Oral Health for a Longer, Healthier Life

June

3	Mon	12p		A Plant-Based Approach to Eating for Health and Beyond+
4	Tue	12p		Food Trends – The Evidence Behind Popular Foods, Supplements and Diets
4	Tue	5p		Springtime in the Garden - Make Your Own Kimchi+
5	Wed	12p		The Mind + Body Connection
6	Thu	12p		How to Thrive in your Flexible Work Environment*
7	Fri	12p		Create Your Well-Being
7	Thu	11a		Aging Wisely – Long Term Care Goals and Strategies*

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+ Denotes in-person class

Schedule is subject to change