Mind the Moment: Exploring the Practice of Mindfulness (Level One, 6 sessions)
Every Wednesday, October 7 – November 11, 12:30pm - 1:30pm, Founders 126
Our flagship multi-week course offers close study in a variety of mindfulness-based topics, including basic practices like the body scan and sitting meditation, as well as walking meditation, gentle stretching, and mindful communication. This course is valuable both for newcomers and as a refresher for seasoned practitioners.

Know Your Numbers Biometric Screenings
November 10th and Spring 2016, Date, time and location TBD
These biometric screenings will include blood pressure, body mass index (BMI), and cholesterol/glucose measurements. Watch for more information.

Benefits Fair
November 10, 8:30am - 12:00pm, Alumnae Ballroom – Drop by!
Flu shots, Biometric screenings, Hydration and Sports Drinks Information Table, Chair Massage, Vendors, Prizes, Posture Clinic, Breakfast & More!

The Happiness Recipe, January 19, 2016, 12:30pm - 1:30pm, Wang Center 413
Today, because of stress, time constraints, a sedentary life style and the modern day diet, we have stripped ourselves of many nutrients essential to a happy and healthy brain. This session looks at the effect of the modern diet and how you can regain your happiness.

8 Week Weight & Nutrition Program
Every Tuesday, 2/2-3/22, 12:30pm - 1:30pm, Wang Center, Cow Chair Room, Audience: All
Join us for this 8 Week Weight & Nutrition Program to learn and build upon healthy habits.
Week 1 – Welcome to Whole New U. Organic foods, nutrition for optimal health, goal setting, the truth about dieting, the 90/10 theory.
Week 2 – Trying new foods and recipes, shopping the supermarket consciously, chia.
Week 3 – Sugar and carbohydrates, cause and effect on your waist-line. Salt consumption.
Week 4 – Mindless and emotional eating, primary food, self-compassion.
Week 5 – Vitamin D, magnesium and sleep matters.
Week 6 – Label reading. What really matters on an ingredient label.
Week 7 – Exercise and fitness, healthy snacks.
Week 8 – Program review and wrap-up.

Nutrition Myths
February 17, 2016 12:30pm - 1:30pm, Library Lecture Room
Does Vitamin C prevent colds? Do grapefruit and vinegar really burn fat? Is red meat really bad for the heart? We’ll dispel common nutrition myths and get to the real nutrition truths once and for all.

Mindfulness 2.0: Deepening Practice (Level two, 6 sessions)
Every Thursday, March 3 – April 7, Sessions 1 & 6, 12:15pm - 1:30pm
Sessions 2 – 5, 12:30pm - 1:30pm, Houghton Multifaith Room
Individuals who have previously participated in the multi-week mindfulness course described above, and who are now looking to expand their understanding of the principles and practices of mindfulness even further, are a perfect fit for this course, which emphasizes practice and delving into students’ questions. In Mindfulness 2.0, greater weight is placed on integrating a range of mindful practices into the fabric of daily life, and to examining how those practices can work together to provide insight into how individuals relate to the world around them. Aside from sitting meditation, movement practices, and mindful communication, material that will be covered includes the compassion practice known as loving-kindness meditation, and probing the common challenges to engaging in mindfulness that every practitioner faces, at one time or another.

Get motivated, Get moving
May 3, 2016, 12:30pm - 1:30pm, Wang Center 413
This session is for the person who wants to kick their exercise up a notch! Learn how to safely begin and stick with a routine exercise program. Avoid common pitfalls and set yourself up to be active for life.
For more information visit Harvard Pilgrim at www.harvardpilgrim.org/wellness