2023 Event Calendar

January 4
Incentive program begins

January 9
Stanford Health Living
Winter Classes Start

February 23
Wellness Speaker Series:
A Comprehensive Approach to High Blood Pressure

March 1-15
Wellness Grants (Cycle 1)

March 7
Stanford Healthy Living
Spring Registration Opens

April 27
Wellness Speaker Series:
The Link Between Stress, Sleep, and Weight

May 17
Wellness Fair Stanford Health Care

May 24
Wellness Fair Stanford Medicine Children's Health

June 13
Stanford Healthy Living
Summer Registration Opens

August 3
HealthySteps to Wellness Walk

September 1-15
Wellness Grant (Cycle 2)

September 5
Stanford Healthy Living
Fall Registration Opens

September 21
Wellness Speaker Series:
Managing Stress in the Real World

September 30
Incentive program ends

December 1
Stanford Healthy Living
Winter Registration Opens

December 4-8
Compassion Week

For more information, visit us at wellness.healthysteps4u.org
Wellness Speaker Series
At-A-Glance Calendar

Please register early for these popular events! All speaker events will be Webinar only.

Earn 30 points for attending each Wellness Speaker event (up to 60 points). Login to your account. Go to the homepage, look for the Wellness Speaker Series activity card to report your date of attendance. Missed the opportunity to join? Watch the recorded webinar here.

**Thursday, Feb. 23**
A Comprehensive Approach to High Blood Pressure
Speaker: Randall Stafford, MD, Ph.D.

**Thursday, Apr. 27**
The Link Between Stress, Sleep, and Weight
Speaker: Sally Duplantier

**Thursday, Sept. 21**
Managing Stress in the Real World
Speaker: Marily Oppezzo, PhD, MS, RD

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