2022 Event Calendar

January 3
Incentive program begins

January 5
Stanford Health Living
Winter Registration Opens

February 3
LeadWell for Life:
Energized by the Science of Healthy Living

February 24
Wellness Speaker Series:
Joy of Movement

March 15
Stanford Healthy Living
Spring Registration Opens

March 23-24
The Science and Application of Play

May 19
Wellness Speaker Series:
Prioritizing and Protecting Healthy Sleep

June 7
Stanford Healthy Living
Summer Registration Opens

August 4
HealthySteps to Wellness
Walks: Various SHC and SCH locations

September 7
Stanford Healthy Living
Fall Registration Opens

September 29
Wellness Speaker Series:
Maximizing Your Motivation

September 30
Incentive program ends

December 5-9
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. 24
Joy of Movement
Speaker: Kelly McGonigal, PhD

Learn how and why physical activity promotes resilience, belonging, and even meaning in life. TED speaker/author Kelly McGonigal PhD will share how exercise remodels the brain to make you more receptive to joy and social connection.

Thursday, May 19
Prioritizing and Protecting Healthy Sleep
Speaker: Fiona Barwick, PhD

Learn about the key factors that impact your sleep system most directly and the strategies you can use to minimize their adverse effects on your sleep and overall health.

Thursday, Sep. 29
Maximizing Your Motivation: Finding Your Why for Wellness
Speaker: Jessica Grossmeier, PhD, MPH

In this webinar, we will draw upon behavior science research to identify the factors that can stand in the way of our wellness goals and learn evidence-based strategies to create healthy lifestyle changes that stick.

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