


Healthy Pleasures

- ❑ **Healthy Pleasures** (Sunday, 8:00 PM)
- ❑ **Behavior Change Made Simple(r)** (Monday, 4:30 PM)
- ❑ **Stress: Avoid, Cope, or Embrace?** (Tuesday, 4:30 PM)
- ❑ **Rx: Healthy Sex** (Thursday, 8:00 PM)

David S. Sobel, MD, MPH
 Adjunct Lecturer, Stanford University School of Medicine
 Former Director of Patient Education and Health Promotion
 The Permanente Medical Group, Inc.
 Kaiser Permanente Northern California
 sobeldavid@gmail.com

*All sessions
in Olmeca*



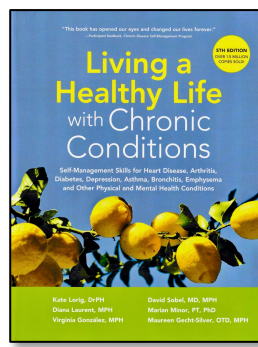
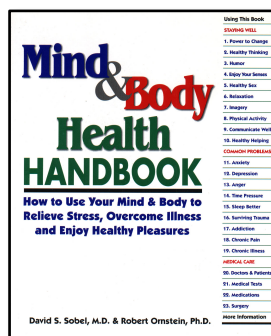
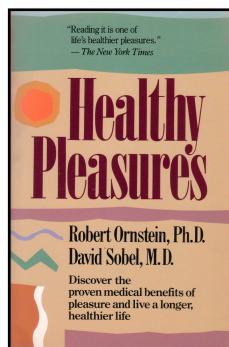
Video Lectures by David S. Sobel, MD, MPH

Healthy Pleasures: The New Science of Happiness

<https://youtu.be/8rTkDWe0Zec>

Behavior Change and Beyond Video Lecture

<https://youtu.be/YpqI16SjZWY>



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