

A Matter of Balance



Neuroscience Supportive Care Program

A Matter of Balance is an evidence-based program for older adults. 10 – 12 older adults meet for a two-hour session every week for 8 weeks. Through facilitated discussions, group activities, and exercise, older adults learn strategies to help reduce fear of falling and fall risks.

To enroll, or for more information call 650.724.9369.

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- Dates:** Every Monday for 8 weeks
9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28
- Time:** 3:00 pm – 5:00 pm
- Location:** Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304
- Website:** www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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