

Ai Chi

Neuroscience Supportive Care Program

Ai Chi is an active relaxation program, using a combination of deep breathing and slow, broad movements in flowing continual patterns. Performed in shallow warm water, it has been shown to improve balance, decrease fatigue and pain, and positively affect many chronic conditions.

Registration required.

- Dates:** Friday's for 6 consecutive weeks
Session 6: 7/12-8/23 No class 7/26
Session 7: 8/30-10/11 No class 9/6
Session 8: 10/18-11/22
- Time:** 12:00pm - 1:00pm
- Location:** De Anza Cupertino Aquatics
1080 S. De Anza Blvd.
San Jose, CA 95129
- To register:** Call 650-721-8500
- 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.

