

Beyond Stress and Anxiety:

How stress affects the body and what you can do to manage it.



Cancer Supportive Care Program

Stress is common. Learn how the body responds to stress and causes physical symptoms such as: fatigue, headache, stomach pain, sleep, and mood disturbances. Tools for stress management like exercise and mindfulness will be discussed.

Registration required.

Date:	August 27, 2018
Time:	6:30pm–8:00pm
Location:	Redwood City Downtown Library 1044 Middlefield Road, Community Room Redwood City, CA 94063
Presenter:	Maria Juarez-Reyes MD, PhD Clinical Assistant Professor Medicine - Primary Care and Population Health
Call to register:	650-725-9456
Website:	www.stanfordhealthcare.org/cancersupportivecare

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



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