

Cycling for Parkinson's Disease

Neuroscience Supportive Care Program

This class is designed specifically for Parkinson's patients. In each session, a professional cycling instructor guides participants through an hour-long workout on a stationary bike. Brain connectivity, balance and everyday activity are all improved through cycling. No previous experience with cycling or spin classes is necessary. This program is supported by a community grant from the Parkinson's Foundation. **Registration required.**



- Dates:** Every Tuesday and Thursday
for 8 consecutive weeks 9/10 - 10/31
- Time:** 2:00pm – 3:00pm
- Location:** Arrillaga Outdoor Education & Recreation Center
285 Santa Teresa Street
Stanford, CA 94305
- To register:** call 650.721.8500
- Parking:** See website for parking information.
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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