

Gentle Pilates - Online



Cancer Supportive Care Program

Practicing core stability can improve your range of motion, reduce musculature pain, improve back strength, and increase flexibility. The mindfulness aspect of this training renews energy, reduces stress and anxiety, and rejuvenates awareness of the body, mind, and spirit. This is the first step to regaining overall physical confidence and comfort.

To better prepare you for this online offering, the following items are recommended:

- Bolster or rolled beach towels
- A strap, theraband, or a tie
- Light weights (ok if none are available)
- Yoga block or additional towels to support one's head

Registration required. To register, click [here](#) or call us.

Dates:	Every Thursday No class: 5/27, 7/1
Time:	12:30 pm – 1:30 pm
Location:	Zoom
Questions:	Call 650-725-9456 or 669-233-2807
Website:	www.stanfordhealthcare.org/cancersupportivecare

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

Current as of 1/2021

Stanford Health Care Patient Experience/Health Education, Engagement, and Promotion

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