

# Parkinson's Exercise Class



## Neuroscience Supportive Care Program

This exercise program is designed specifically to target PD symptoms. Exercise moves performed in this class are the building blocks for everyday movement and are performed with large amplitude, high effort, and attention to action in multiple postures. There are two class options depending on the participants' physical strength and mobility.

**Registration required.** To register, or for more information, call 650.721.8500.

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<b>Dates:</b>	<b>Every Thursday</b> <i>No class: 7/4, 9/5, 11/28, 12/26, 1/2/20</i>	<b>Every Tuesday</b> <i>No class: 7/16, 9/3, 11/26, 12/24, 12/31</i>
<b>Time:</b>	1:30pm–2:30pm & 2:30pm–3:30pm (2 classes back-to-back)	1:30pm – 2:30pm
<b>Location:</b>	Stanford Neuroscience Health Center 213 Quarry Road Wellness Room 1511 Palo Alto, CA 94304	Ladera Oaks 3249 Alpine Road Portola Valley, CA 94028
<b>Website:</b>	<a href="http://www.stanfordhealthcare.org/nscp">www.stanfordhealthcare.org/nscp</a>	

*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.*

