

# Qi Gong for Vitality - Online

## Neuroscience Supportive Care Program

In this class, people of all ages and stages can engage in exercises that work on mindful breathing, movement, posture, coordination, and energetic flow, weaving in meditative and mindful awareness to enhance vitality. We will also include evidence-based practices to help those with neurorehabilitative needs.

Hosted by Stanford Alzheimer's Disease Research Center



**Dates & time:**

Every Thursday | 3:00 pm – 4:00 pm

No class: 7/29, 8/12, 8/19, 9/9, 11/25, 12/23,  
12/30



**Location:**

Zoom

Registration Required. [REGISTER](#)

**Questions:**

650-721-8500

**Website:**

[www.stanfordhealthcare.org/nscp](http://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.*

Current as of 7/2021

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

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