

Tai Chi



Tai Chi is a slow, graceful and rhythmic exercise. It stretches and tones the body, increases strength, flexibility, and balance, and helps reduce stress and anxiety. The step-by-step teaching makes it easy to learn and follow. The friendly and positive atmosphere will help you achieve the goals of finding peace of mind and harmonizing internal energy.

No registration necessary, just drop in.

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- Dates:** Every Thursday
No class: 7/4, 9/5, 11/28, 12/26, 1/2/20
- Time:** 12:00pm–1:00pm
- Location:** Ladera Oaks
3249 Alpine Road
Portola Valley, CA 94028
- Questions:** Please call 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.

