

# Tai Chi



## Cancer Supportive Care Program

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 Monday  
*No class: 7/1, 9/2, 11/25, 12/23, 12/30*
- Time:** 1:45pm–3:15pm
- Location:** YogaSource  
16185 Los Gatos Blvd.  
Los Gatos, CA 95032
- Questions:** Call 669-233-2807
- Website:** [www.stanfordhealthcare.org/cancersupportivecare](http://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.*



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