

Tai Chi - Online



Supportive Care Program

This Tai Chi class will help build balance, coordination, flexibility, and strength and can be performed by anyone regardless of age or physical condition. Tai Chi strengthens the body, quiets and calms the mind and emotions, and improves overall health and well-being.

Registration required. Click [REGISTER](#) or call us.

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- Dates:** Every Monday
No class: 9/6, 11/22, 12/20, 12/27
- Time:** 3:00 pm – 4:00 pm
- Location:** Zoom
- Questions:** Neuroscience patients 650-721-8500
Cancer patients 650-725-9456 or 669-233-2807
- Website:** www.stanfordhealthcare.org/nscp
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.

