

Tai Chi



Neuroscience 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.

Walk-ins welcome. For more information, call 650.721.8500.

Dates:	Every Tuesday <i>No class: 7/2, 9/3, 11/26, 12/24, 12/31</i>	Every Thursday <i>No class: 7/4, 9/5, 11/28, 12/26, 1/2/20</i>
Time:	2:30pm–3:30pm	12:00pm–1:00pm
Location:	Stanford Neuroscience Health Center 213 Quarry Road Wellness Room 1511 Palo Alto, CA 94304	Ladera Oaks 3249 Alpine Road Portola Valley, CA 94028
Website:	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.

