

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.

Dates:	Every Tuesday <i>No class: 9/7, 11/23, 12/21, 12/28</i>	Every Thursday <i>No class: 9/9, 11/25, 12/23, 12/30</i>
Time:	2:30 pm – 3:30 pm REGISTER	12:00 pm – 1:00 pm REGISTER
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.