

## Chương trình Chăm sóc Hỗ trợ Ung thư và Khoa học Thần kinh tại Stanford (Vietnamese)

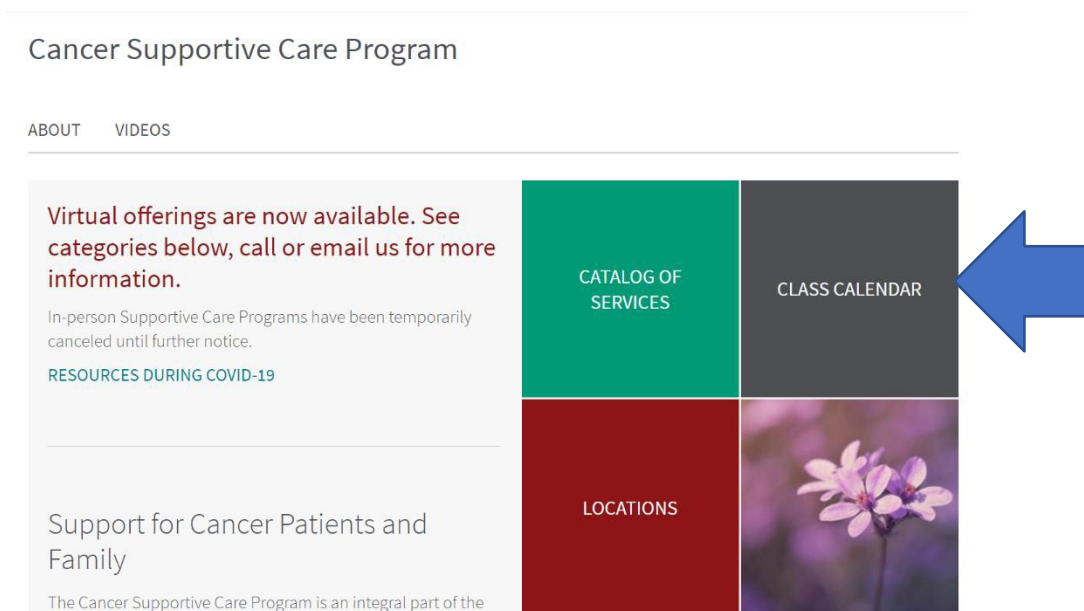
Ghi danh cho lớp học trực tuyến

### Bước một:

- Truy cập trang web Chương trình Chăm sóc Hỗ trợ quý vị quan tâm.
  - Chương trình Chăm sóc Hỗ trợ Ung thư: <https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program.html>
  - Chương trình Chăm sóc Hỗ trợ Khoa học Thần kinh: <https://stanfordhealthcare.org/for-patients-visitors/neuroscience-supportive-care-program.html>

### Bước Hai:

- Nhấn vào ‘CLASS CALENDAR.’



Cancer Supportive Care Program

ABOUT VIDEOS

Virtual offerings are now available. See categories below, call or email us for more information.

In-person Supportive Care Programs have been temporarily canceled until further notice.

[RESOURCES DURING COVID-19](#)

Support for Cancer Patients and Family

The Cancer Supportive Care Program is an integral part of the

CATALOG OF SERVICES

CLASS CALENDAR

LOCATIONS

## Neuroscience Supportive Care Program

Virtual offerings are now available. See categories below, call or email us for more information.

In-person Supportive Care Programs have been temporarily canceled until further notice.

[RESOURCES DURING COVID-19](#)

CATALOG OF SERVICES

### Support for Neuroscience Patients and Family

The Neuroscience Supportive Care Program provides a variety of FREE support groups, classes, workshops, personal one-on-one consultations and services that are open to all patients and families in the community regardless of where you receive care. All classes are tailored to the unique needs of Neuroscience patients.

CLASS CALENDAR



## Bước Ba:

- Để tham gia vào các chương trình chăm sóc hỗ trợ trực tuyến, quý vị cần phải đồng ý với các yêu cầu cho những điều luật bật nổi lên.

member.

### Health Education Program Participation Agreement

I am voluntarily enrolling and participating in a class or activity hosted by Stanford Health Care, including but not limited to, aerobic exercises, balance and functional movement practice, yoga, dance, resistance strength conditioning, and/or tai chi. I am aware of the risks and hazards involved in participating in a class or activity where there is chance for injury. I understand that it is my responsibility to consult with my physician regarding, and prior to my participation in, any type of class or activity at Stanford Health Care. I hereby affirm that I am in good physical condition and do not suffer from any disability or condition that would prevent or limit my participation in classes or activities.

In the event of any unusual pain, discomfort, injury, light headedness or dizziness during the class or activity, I will cease participation. I understand I am responsible for modifying exercises as necessary based on my physical condition and/or state of being.

I understand that Stanford's Health Education Programs, in an effort to provide me with the latest program updates on exercise classes and activities, care, and research, will communicate with me by email or text. At any time, I may change my communication preferences and opt out of email or text communications by contacting Stanford's Health Education Program.

**Please confirm that you've read both the confidentiality & health education program participation agreements.**

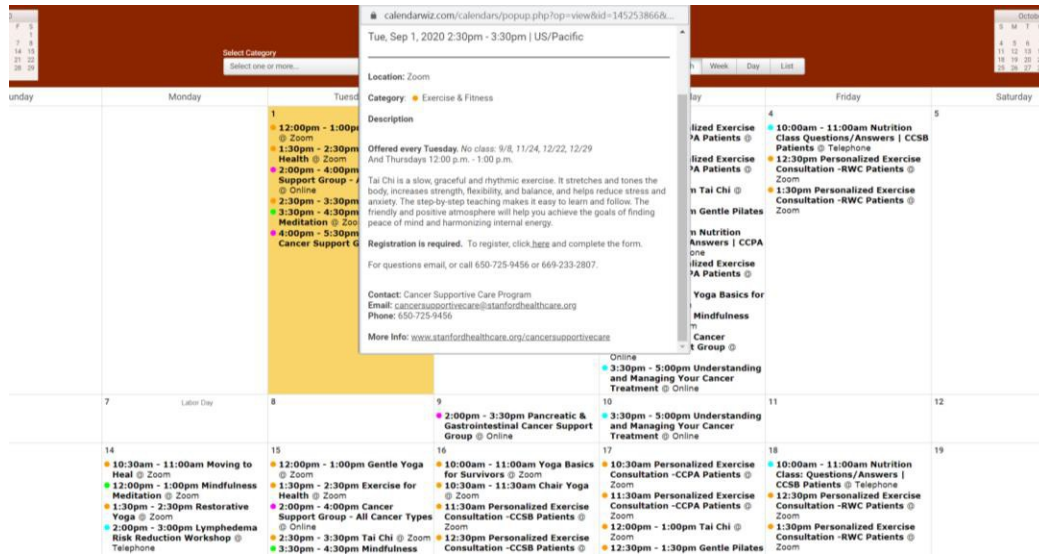
Yes, I agree.  
 No, I disagree.

Thank you for your response.

[View the Cancer Supportive Care Program Calendar »](#)

## Bước Bốn:

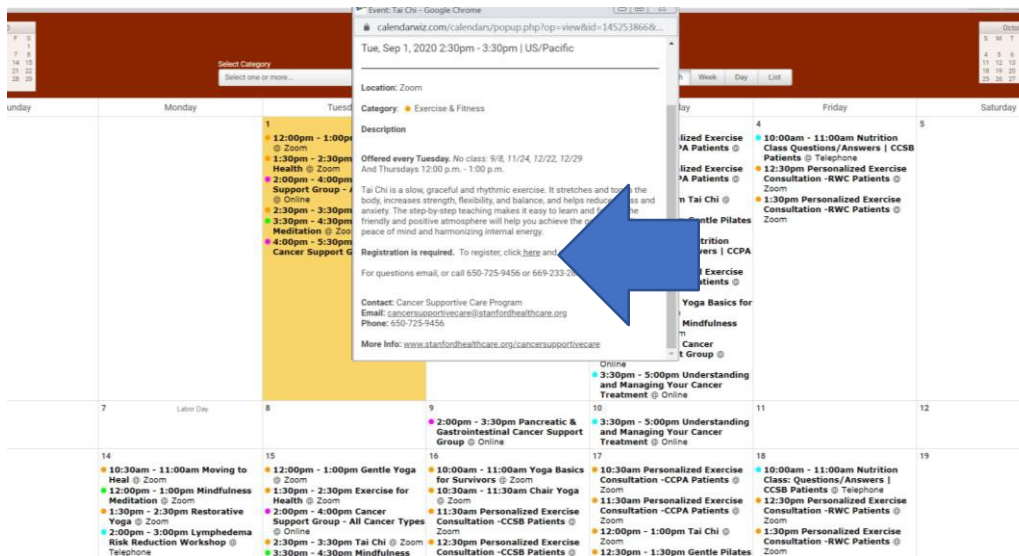
- Tiếp tục chương trình của lịch và chọn ghi danh trực tuyến lớp quý vị yêu thích. Xem ví dụ về Thái cực quyền dưới đây:



calendarwiz.com/calendars/popup.php?view&id=1452538668...  
Tue, Sep 1, 2020 2:30pm - 3:30pm | US/Pacific  
Location: Zoom  
Category: Exercise & Fitness  
Description  
Offered every Tuesday. No class: 9/8, 11/24, 12/22, 12/29  
And Thursdays 12:00 p.m. - 1:00 p.m.  
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.  
Registration is required. To register, click [here](#) and complete the form.  
For questions email, or call 650-725-9456 or 669-233-2807.  
Contact: Cancer Supportive Care Program  
Email: [cancer.supportivecare@stanfordhealthcare.org](mailto:cancer.supportivecare@stanfordhealthcare.org)  
Phone: 650-725-9456  
More info: [www.stanfordhealthcare.org/cancersupportivecare](http://www.stanfordhealthcare.org/cancersupportivecare)

## Bước Năm:

- Nhấp chuột vào đường truyền ghi danh (“To register, click [here](#)”) theo hướng dẫn của lớp.



**Event: Tai Chi - Google Chrome**  
 calendarwiz.com/calendar/popup.php/top-view?wid=1452538668...  
 Tue, Sep 1, 2020 2:30pm - 3:30pm | US/Pacific

**Location:** Zoom  
**Category:** Exercise & Fitness

**Description**  
 Offered every Tuesday. No class: 9/8, 11/24, 12/22, 12/29  
 And Thursdays 12:00 p.m. - 1:00 p.m.  
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**Registration is required.** To register, click [here](#) and follow the instructions.

For questions email, or call 650-725-9456 or 669-233-2332

**Contact:** Cancer Supportive Care Program  
 Email: [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)  
 Phone: 650-725-9456

**More Info:** [www.stanfordhealthcare.org/cancersupportivecare](http://www.stanfordhealthcare.org/cancersupportivecare)

Cập nhật lần cuối 9/1/2020

Chăm sóc Sức khỏe Bệnh nhân trải nghiệm tại Stanford/Giáo dục Sức khỏe, Kết nối và Quảng  
 Stanford Health Care Patient Experience/Health Education, Engagement and Promotion

## Bước Sáu:

- Điền vào những yêu cầu ghi danh vào các ô và nhấp chuột vào “Register.”

Time shows in Pacific Time (US and Canada)


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First Name*	Last Name*
<input type="text"/>	<input type="text"/>
Email Address*	Confirm Email Address*
<input type="text"/>	<input type="text"/>
Address*	City*
<input type="text"/>	<input type="text"/>
Zip/Postal Code*	State/Province*
<input type="text"/>	Choose One...
Phone*	
<input type="text"/>	

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Please re-type participant first and last name*	Emergency Contact First and Last Name*
<input type="text"/>	<input type="text"/>
Emergency Contact Phone Number*	
<input type="text"/>	

\* Required information



## Bước Bảy:

- Lưu lại URL liệt kê dưới đây và/hay cộng thêm vào trong lịch của quý vị. Đây là đường truyền sẽ được dùng trong tương lai cho lớp học trực tuyến của quý vị.

Meeting Registration Approved

Topic	Tai Chi
Time	Sep 1, 2020 02:30 PM Sep 8, 2020 02:30 PM Sep 15, 2020 02:30 PM Sep 22, 2020 02:30 PM Sep 29, 2020 02:30 PM Oct 6, 2020 02:30 PM Time shows in Pacific Time <a href="#">Add to calendar</a>
Meeting ID:	938 7990 0274

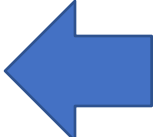
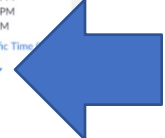
To Join the Meeting

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to join: <https://stanfordhealthcare.zoom.us/j/93879900274?pwd=SFs5G88GqV70z4NwpaJKFjkxFlJmE1c0p5SWk4G-Y5Xc-DQIAAAAV26YhZlZ2UeHlSVN2LXkxTW1OUeJ0bmxBAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA&pwd=WUN6R3hRkZ2ME1FcXNM5eGpSZUw4dz09>

To Cancel This Registration

You can cancel your registration at any time.



Cập nhật lần cuối 9/1/2020

Chăm sóc Sức khỏe Bệnh nhân trải nghiệm tại Stanford/Giáo dục Sức khỏe, Kết nối và Quảng  
Stanford Health Care Patient Experience/Health Education, Engagement and Promotion