Virtual resources during Covid-19

While we all do our best to maintain a safe social distance in public and shelter-in-place at home, the Cancer Supportive Care Program is still available to support you through a variety of telephone and online resources.

Support Groups
- Bladder and Kidney Cancer
- Brain Tumor
- Breast Cancer for Newly Diagnosed and After Treatment
- Cancer Caregiver Support
- Cancer Group Support - For all cancer types
- Head and Neck Cancer Support
- Leukemia and Lymphoma
- Singing for Your Soul

Exercise & Fitness
- Exercise Consultations
- Exercise for Health
- Tai Chi
- Yoga & Pilates

Mind, Body, Spirit
- Healing Touch
- Mindfulness Meditation

Classes
- Having Radiation Therapy at Stanford
- Lymphedema Risk Reduction Workshop
- Nutrition Class: Questions/Answers
- Scarf Tying Workshop
- Understanding and Managing Your Cancer Treatment

New resources added every week!

For more information or to register, go to:
www.stanfordhealthcare.org/CancerSupportiveCare
Online Classes & Programs

Stanford Cancer Center
Palo Alto 650-725-9456
Stanford Cancer Center
South Bay 669-233-2807

Scan QR code to view details online. For assistance, see Supportive Care staff.