



Neuroscience Supportive Care Program

The Neuroscience Supportive Care Program is here for you and those close to you as you manage a condition over time. We provide FREE, personalized consultations and connections to evidence-based resources to support your physical, emotional, and social well-being.

Call [650-725-8100](tel:650-725-8100), or email us at nscp@stanfordhealthcare.org

www.stanfordhealthcare.org/nscp



Scan QR code to view details online.

Online Classes and Workshops

- Advanced Care Planning Workshop
- Coping with Caregiving Workshop
- Healing Strokes Art Therapy
- Mindfulness Meditation

Online Exercise and Fitness Classes

- Chair Yoga
- Dance for Parkinson's
- Exercise for Parkinson's
- Healing Yoga
- Qi Gong
- Sit and Be Fit
- Tai Chi (*English* / 普通話網上太極課)
- Tango for Parkinson's

Online Support Groups

Support groups provide encouragement, hope, education, and support to patients, family members, and caregivers.

- Brain Tumor Support
- Live Fully MS Discussion Group
- Memory Disorder Caregiver Support
- Myasthenia Gravis Support
- Stroke Support

Resources

Please call us or visit the Supportive Care website to explore these additional free resources.

- **Caregiver Program**
Resources, support, and education for family caregivers.
- **Health Library**
Our medical librarians will help you find trustworthy information to answer your health-related questions.
- **Stanford Health Hub**
Find free and reduced-cost health resources and services at Stanford and in your community.