The Neuroscience Supportive Care Program follows the Stanford Health Care standard of providing not only state-of-the-art medical care, but also the highest quality of patient care. Our vision is to improve the quality of life for our patients and their caregivers living with, through, and beyond disease.

These free classes are open to all neuroscience patients regardless of where they receive their care.

TC Cowles, BSN, RN
Program Manager
Neuroscience Supportive Care Program

For more information:
Call: 650.721.8500
Email: nscp@stanfordhealthcare.org
Visit us online at: stanfordhealthcare.org/nscp

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Holiday Closures & Cancellations

Programs will be closed during the following dates:

- January 1 - 4, 2019
- January 21, 2019
- May 27 - 31, 2019

Programs are subject to cancellation. For the most up-to-date information, please check our online calendar at www.stanfordhealthcare.org/nscp.
**A Matter of Balance**

*Every Thursday for 8 weeks*

1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/8

(Class on 2/14 will take place in the Basement, Room 0511)

10:00am - 12:00pm

Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

A Matter of Balance is an evidence-based program for older adults. 10 – 12 older adults meet for a two hour session every week for 8 weeks. Through facilitated discussions, group activities and exercise, older adults learn strategies to help reduce fear of falling and fall risks.

To enroll or for more information, call 650.724.9369.

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**Stepping On**

An evidence-based program developed in Australia, Stepping On, has been shown to decrease falls by 31%. Older adults meet in a group setting for two hours once a week for seven weeks. Sessions include facilitated discussions and guest speakers, including a physical therapist, pharmacist, and vision specialist. Exercises are taught and practiced each week. A home visit is offered at the end of the seven weeks, and participants come together for a “booster session” three months later.

To enroll in Stepping On, contact Avenidas in Palo Alto at 650.289.5400.
Chair Reiki
Every Monday and Tuesday | 10am - 12pm
Every Thursday | 1pm – 3pm
No session: 1/1, 1/3, 1/21, 5/27, 5/28, 5/30
Stanford Neuroscience Health Center
213 Quarry Road, 3rd Floor
Patient lobby area & Infusion Center
Palo Alto, CA 94304

Chair Reiki sessions help you relax, reduce stress or discomfort, and decrease pain. The Reiki practitioner either gently puts his/her hands on your shoulders, head, and upper parts of the body, or holds their hands slightly above your body in various positions to help your energy flow more easily.

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

Chronic Disease Self-Management
3/5, 3/12, 3/19, 3/26, 4/2, 4/9 | 1 - 3:30pm
(6 consecutive Tuesdays)
Hoover Pavilion
211 Quarry Road
2nd Floor, Room 2102
Palo Alto, CA 94304

A free self-management workshop for those living with a chronic condition. During each session, facilitators will introduce tools and techniques to help you manage your health, so you can enjoy life more. Participants learn how to eat healthy, manage stress, develop and maintain an exercise program, and communicate with family, friends, and physicians. Caregivers are also invited to participate. Sponsored by Aging Adult Services at Stanford Health Care

Registration required. Call 650.721.8500.

Everyday Matters: Living Your Best Life with Multiple Sclerosis
10:00am - 12:00pm
(6 consecutive Mondays)
Stanford Neuroscience Health Center
213 Quarry Road
Basement Floor, Room 0511
Palo Alto, CA 94304

This program strives to increase participants’ knowledge about the fundamental teaching of positive psychology and how to apply these tenets to addressing the everyday challenges of living with MS. Through this course you will participate in an interactive learning experience, increase your confidence in developing a personal approach to addressing challenges, and identify additional community resources for support and connection.

Registration required. Call 800.344.4867.
Finding Reliable Health Information
Dates and times vary. Appointments only.

Hoover Pavilion
Stanford Health Library
211 Quarry Road, Suite 201
Palo Alto, CA 94304

Finding health-related information on the Internet that is reliable, current, and evidence-based takes knowledge and skill. With a focus on Neuroscience, participants in this program will learn the basics of good research techniques and sources of trustworthy information online. Led by a Stanford medical librarian.

To schedule an appointment, call 650.725.8655.

Lifestyle Strategies for Multiple Sclerosis
2/8, 4/12, 6/14
1:00pm - 2:30pm

Stanford Center for Integrative Medicine
211 Quarry Road
Second Floor, Room 205
Palo Alto, CA 94304

Join Dr. Payrovi for an evidence-based discussion on non-pharmaceutical therapies for Multiple Sclerosis. We will cover research-backed lifestyle strategies such as nutrition, sleep, exercise, and stress management to optimize MS outcomes. The safe use of supplements and other healing art will also be discussed.

Cost: Each weekly session is billed to your insurance as a medical office visit with a Stanford physician specialist.

Registration required. To register or for more information, call 650.498.5566.

MS Free from Falls
1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19
10:00am - 12:00pm
(8 consecutive Tuesdays)

Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

The National MS Society has developed a fall prevention program designed for people living with MS and may be at risk for falling. Each session’s 2-hour program has two parts: a lecture and discussion component.

Registration required. To register or for more information, call 800.344.4867.

Stanford Speech Communication Group
3rd Monday of the month | 3:30pm–5:00pm
2/18, 3/18, 4/15, 5/20, 6/17
No class: 1/21. Group rescheduled to 1/14

Stanford Hospital
300 Pasteur Drive
3rd Floor
Neuroscience Conference Room H3150
Stanford, CA 94305

Stanford’s highly skilled speech language pathologists facilitate this group and provide participants with the opportunity to practice speech, language, and cognitive skills. Experience the camaraderie of those with similar challenges and take pleasure in the social aspect of group therapy.

Registration required. To register or for more information call 650.721.8500 or email KHayes@stanfordhealthcare.org and MFox@stanfordhealthcare.org
Exercise & Fitness

**Dance for Parkinson’s**
Every Monday and Friday | 1:30pm–2:45pm
No class: 1/4, 1/21, 5/27, 5/31

Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

Class is based on the innovative Dance for PD program designed by the Mark Morris Dance Group and the Brooklyn Parkinson Group. Dancing in chairs, at a barre, or standing, experienced teaching artists lead participants in an enjoyable blend of modern dance, ballet, and social dancing.

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

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**Mat Yoga**
Every Friday | 10:30am–11:15am
No class: 1/4, 5/31

Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

Mat yoga is for clients who can get up and down without another person’s assistance. Caregivers are welcome to attend. Attendees will be guided through stretches and circulatory warm-ups, a complete set of joint-mobilizations, and several strengthening exercises, supplemented with classical yoga asanas (positions), and finishing with a few minutes of progressive relaxation.

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

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**Chair Yoga**
Every Wednesday | 10:30am–11:15am
No class: 1/2, 5/29

Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

This chair yoga class is designed to safely provide caregivers and patients with a set of moderate, stretching, strengthening, and balance exercises. This yoga sequence proceeds with gentle breathing, self-confidence bolstering, warmups, and standing balances (with chair support).

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

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**Ai Chi**
NEW
Friday’s for 6 consecutive weeks | 12pm-1pm
Session 2: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15
Session 4: 4/5, 4/12, 4/19, 4/26, 5/3, 5/10
Session 5: 5/17, 5/24, 5/31, 6/7, 6/14, 6/21

De Anza Cupertino Aquatics
1080 S. De Anza Blvd.
San Jose, CA 95129

Ai Chi is an active relaxation program that uses a combination of deep breathing and slow, broad movements in flowing continual patterns. Performed in shallow warm water, it has been shown to improve balance, decrease fatigue and pain, and positively affect many chronic conditions.

Registration required. To register or for more information, call 650.721.8500.

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**Exercise & Fitness**

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**Ai Chi**
NEW
Friday’s for 6 consecutive weeks | 12pm-1pm
Session 2: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15
Session 4: 4/5, 4/12, 4/19, 4/26, 5/3, 5/10
Session 5: 5/17, 5/24, 5/31, 6/7, 6/14, 6/21

De Anza Cupertino Aquatics
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Ai Chi is an active relaxation program that uses a combination of deep breathing and slow, broad movements in flowing continual patterns. Performed in shallow warm water, it has been shown to improve balance, decrease fatigue and pain, and positively affect many chronic conditions.

Registration required. To register or for more information, call 650.721.8500.

---

**Chair Yoga**
Every Wednesday | 10:30am–11:15am
No class: 1/2, 5/29

Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

This chair yoga class is designed to safely provide caregivers and patients with a set of moderate, stretching, strengthening, and balance exercises. This yoga sequence proceeds with gentle breathing, self-confidence bolstering, warmups, and standing balances (with chair support).

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

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**Mat Yoga**
Every Friday | 10:30am–11:15am
No class: 1/4, 5/31

Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

Mat yoga is for clients who can get up and down without another person’s assistance. Caregivers are welcome to attend. Attendees will be guided through stretches and circulatory warm-ups, a complete set of joint-mobilizations, and several strengthening exercises, supplemented with classical yoga asanas (positions), and finishing with a few minutes of progressive relaxation.

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

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**Chair Yoga**
Every Wednesday | 10:30am–11:15am
No class: 1/2, 5/29

Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

This chair yoga class is designed to safely provide caregivers and patients with a set of moderate, stretching, strengthening, and balance exercises. This yoga sequence proceeds with gentle breathing, self-confidence bolstering, warmups, and standing balances (with chair support).

Walk-ins welcome. For more information, call 650.721.8500.
**Mindful Yoga**: The Art of Integrating Yoga Asana (poses) with Mindfulness

**Every Monday | 10:00am–11:00am**

*No class: 1/21, 5/27*

**Stanford Neuroscience Health Center**
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

This class is designed to bring your awareness to your body, breath and mind (mindfulness) while stretching and strengthening the body with gentle yogic movements with or without yoga props and chair support. We will end each class with guided meditation to relax the body and calm the mind.

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

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**Parkinson’s Exercise Class**

**Every Thursday**
1:30pm–2:30pm
2:30pm–3:30pm
(2 classes back-to-back)

*No class: 1/3, 5/30*

**Stanford Neuroscience Health Center**
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

**Every Tuesday | 1:30 - 2:30pm**

*No class: 1/1, 5/28*

**Ladera Oaks**
3249 Alpine Road
Portola Valley, CA 94028

This exercise program is designed specifically to target PD symptoms. Exercise moves performed in this class are the building blocks for everyday movement and are performed with large amplitude, high effort, and attention to action in multiple postures. There are two class options depending on the participants’ physical strength and mobility.

**Registration required.** To register or for more information, call 650.721.8500.
Qi Gong for Vitality

Every Thursday | 3:30pm–4:30pm
No class: 5/30

Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

In this class, people of all ages and stages can engage in exercises that enhance their ability to tap into their vital life force energy (Qi) via skillful application of an ancient and time-established Chinese healing exercise craft (Gong). We will work on mindful breathing, movement, posture, coordination, and energetic flow, weaving in meditative and mindful awareness to enhance vitality. We will also include evidence-based practices from the Tai Ji Quan Moving for Better Balance (TJQMBB) program to help those with neurorehabilitative needs.

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

Tai Chi

Every Tuesday | 2:30pm–3:30pm
No class: 1/1, 5/28

Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

Every Thursday | 12:00pm–1:00pm
No class: 1/3, 5/30

Ladera Oaks
3249 Alpine Road
Portola Valley, CA 94028

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.
Tango for PD
Every Wednesday | 2:15pm–3:45pm
No class: 1/2, 5/29

Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304

This class teaches Argentine Tango as an exercise for improving movement and balance for adults with Parkinson’s. Through musicality and movement of Tango patterns, you are taught to become more aware of your center of balance and body movement while having the enjoyment of dancing.

Students must able to walk onto the dance floor to join the class. No previous experience in Tango or any other form of dance is necessary. Bringing a partner is preferred but not necessary.

Walk-ins welcome. For information call 650.721.8500.

Acoustic Neuroma
2/6, 5/1, 8/7, 11/6 | 5:30pm–6:30pm

Stanford Neuroscience Health Center
213 Quarry Road
Basement Floor, Conference Room 0511
Palo Alto, CA 94304

Walk-ins welcome. For more information, email JLo@stanfordhealthcare.org.

Brain Injury Peer Support
Meets select Saturdays | 1:00pm–2:30pm
1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/6, 4/20, 5/4, 5/18, 6/1

Hoover Pavilion
211 Quarry Road, Room 408
Palo Alto, CA 94304

For more information, call 408.659.0159 or visit ssbi.stanford.edu.

Brain Injury Social Workshops
Meets select Saturdays | 1:00pm–2:30pm
1/19, 2/16, 3/2, 3/16, 4/13, 5/11

Hoover Pavilion
211 Quarry Road, Room 408
Palo Alto, CA 94304

For more information, call 408.659.0159 or visit ssbi.stanford.edu.

Support Groups

Smart Patients
Peer support for stroke or brain injury patients and their caregivers. Smart Patients provides a secure, supportive online community where those affected by illness can connect, share questions and concerns, learn from each other and benefit from online peer support. For information call 650.721.8500 or visit us online at:

www.smartpatients.com/shc-stroke
www.smartpatients.com/shc-brain-injury

Stanford Health Care will not disclose patient health information to Smart Patients.
**Brain Tumor**

**Last Thursday of the month | 5:30pm–7:30pm**
1/31, 2/28, 3/28, 4/25, 5/30, 6/27

**Stanford Neuroscience Health Center**
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

Walk-ins welcome. For more information, email slamb2942@gmail.com or momredwood@gmail.com.

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**Epilepsy | Mountain View**

**First Thursday of the month | 7:00–9:00pm**
1/3, 2/7, 3/7, 4/4, 5/2, 6/6

**El Camino Hospital - YMCA Building**
2400 Grant Road, Room K
Mountain View, CA 94040

Walk-ins welcome. For more information, email mv_epilepsysupprtgroup@yahoo.com.

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**Huntington Disease**

**Second Tuesday of the month | 7:00 – 8:30 pm**
1/8, 2/12, 3/12, 4/9, 5/14, 6/11

**First Baptist Church of Palo Alto**
305 N. California Street
Palo Alto, CA 94301

To register, or for more information, call Andrea Hanson-Kahn at 650.725.6571 or email andreak@stanford.edu.

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**Memory Disorders Caregiver Support**

**Fourth Friday of the month | 3:00pm–4:30pm**
1/25, 2/22, 3/22, 4/26, 5/24, 6/28

**Stanford Neuroscience Health Center**
213 Quarry Road
Basement Floor, Conference Room 0511
Palo Alto, CA 94304

Walk-ins welcome. For more information, call 650.736.7616.

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**Memory Disorders Patient Support**

**Second and Fourth Tuesday of the month**
10:30am–12:00pm

**Stanford Neuroscience Health Center**
213 Quarry Road
Palo Alto, CA 94304

Room 3511: 2/12, 2/26, 3/12, 3/26

If interested, please call 650.213.6261 for more information prior to attending.

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The Memory Support Program through Aging Adult Services at Stanford offers customized person-centered care planning including home visits, family meetings, education, patient and caregiver support, and resource linkage. For more information, please call 650.723.1303.
**Meningioma**

3/6, 6/5, 9/4, 12/4 | 5:30pm–6:30pm  
Stanford Neuroscience Health Center  
213 Quarry Road  
Basement Floor, Conference Room 0511  
Palo Alto, CA 94304  
Walk-ins welcome. For more information, email JLo@stanfordhealthcare.org.

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**Myasthenia Gravis**

1/8 and 4/9 | 6:00pm–7:30pm  
Stanford Neuroscience Health Center  
213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304  
Registration required. To register, or for more information call 650.497.5934 or email jnfisher@stanford.edu.

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**MS Discussion Group: Live Fully**

Second Thursday of the month | 10am–12pm  
1/10, 2/14, 3/14, 4/11, 5/9, 6/13  
Stanford Neuroscience Health Center  
213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304  
For more information, call 415.999.7378 or email susansteakley@gmail.com.

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**Multiple Sclerosis**

Second and Fourth Monday of the month  
7:00pm–9:00pm  
Stanford Neuroscience Health Center  
213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304  
Walk-ins welcome. For more information, call 650.724.6090 or visit parkinsons.stanford.edu.

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**Parkinson’s**

Second Wednesday of the month | 2 - 3:30pm  
1/9, 2/13  
Little House  
800 Middle Avenue, Auditorium  
Menlo Park, CA 94025  
3/13, 4/10, 5/8, 6/12  
Avenidas Senior Center  
450 Bryant Street, Dining Room  
Palo Alto, CA 94301  
Walk-ins welcome. For more information, call 650.724.6090 or visit parkinsons.stanford.edu.

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**Parkinson’s Caregiver Support**

Dates & times vary  
Locations in Belmont, Daly City, Los Altos, and Menlo Park  
To register or for more information, call 650.724.6090 or visit parkinsons.stanford.edu.
Parkinson’s Young Onset
Second Tuesday of the month | 6:30–8:15pm
1/8, 2/12, 3/12, 4/9, 5/14, 6/11
Lucile Packard Children’s Hospital
725 Welch Road, Board Room
Palo Alto, CA 94304
To register, or for more information, call 650.248.7363 or email jmamin@sbcglobal.net.

Stanford Stroke Support Group
Second Thursday of the month | 12:30–2pm
1/10, 2/14, 3/14, 4/11, 5/9, 6/13
Stanford Neuroscience Health Center
213 Quarry Road
Basement Floor, Room 0511
Palo Alto, CA 94304
Registration required for new members.
To register or for more information, call 650.721.8500.

Trigeminal Neuralgia
2/27, 5/8, 8/14, 11/13 | 5:30 pm - 6:30 pm
2/27 Virtual / online meeting
5/8 Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304
Registration required. Email veevo@stanford.edu or call 650-736-0262.

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