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.
Active Caregiving: Empowerment Skills Caregiver Workshop

5/16, 5/23, 5/30, 6/6, 6/13, 6/20
(6 consecutive Wednesdays)

In person | 1:30pm - 3:30pm
Stanford Neuroscience Health Center
213 Quarry Road
Basement Floor, Conference Room 0511
Palo Alto, CA 94304
Registration required. To register, call 650.723.3461.

Online | 10:00am - 12:00pm
Complete our online registration form on www.stanfordhealthcare.org/nscp

This is a small interactive group workshop for caregivers of people with Alzheimer’s disease and related dementias. This free evidence-based workshop will help you learn concrete skills to better manage stress and challenging behaviors.

Chronic Disease Self-Management

4/3, 4/10, 4/17, 4/24, 5/1, 5/8 | 12:00pm - 2:30pm
(6 consecutive Tuesdays)

Stanford Neuroscience Health Center
213 Quarry Road
3rd Floor, Conference Room 3871
Palo Alto, CA 94304

A free self-management workshop for those living with a chronic condition. During each 2-1/2 hour session, the 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. To register, call 650.721.8500.

CogniFitness

1/29, 2/5, 2/12, 2/26, 3/5 | 10:00am–12:00pm
(5 consecutive Mondays) no session 2/19

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

People living with MS can experience cognitive changes in some form. Learn exercises and strategies to help focus your attention, improve memory, and planning and problem-solving skills. Realize your optimal thinking skills utilizing techniques that have everyday applications. CogniFitness is a fun and educational 5-week series that will help you keep the mind moving and develop new techniques to strengthen your cognitive skills.

Registration required. To register, call 800.344.4867.
Everyday Matters (6 consecutive Mondays)

4/16, 4/23, 4/30, 5/7, 5/14, 5/21 | 10:00am - 12:00pm
Stanford Neuroscience Health Center
213 Quarry Road
Basement Floor, Conference 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 is required, call 800.344.4867.

Healthy Toolkit: Internet 101

Dates and times vary, appointments only

Hoover Pavilion
211 Quarry Road, Healthy Library 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 650.723.9933

Migraine 101

3/12, 6/11, 10/15 | 4:30pm-5:30pm

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

Have a headache? Not sure it’s a migraine? Is it something you should just ignore? Come join us for an evening lecture designed to provide better understanding and management of migraines.

To register or for more information, call 650.721.8500.

Stanford Speech Communication Group

1/22, 2/26, 3/19, 4/16, 5/21, 6/18 | 3:30pm–5:00pm
Stanford Hospital
300 Pasteur Drive, Neuroscience Conference Rm 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, call 650.721.8500 or email AAboudi@stanfordhealthcare.org or SDeane@stanfordhealthcare.org.

Driving Rehabilitation

April 24 | 10:30am–11:30am

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

This is an informative driving rehabilitation session which will discuss requirements by the DMV for those who have had a change in medical status, suspended license or who have let their license expire. Resources will be available including those for individuals who may be interested in modified hand controls and ideas about wheelchair vans.

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

**Every Wednesday | 10:45am–11:30am**
(no class 1/3, 5/30)

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, attitude bolstering, warmups, and standing balances (with chair support).

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

**Dance for Parkinson’s**

**Every Monday and Friday | 1:30pm–2:45pm**
(no class 5/28 and 6/1)

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

Classes will be 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.

**Dance to Remember**

**Every Friday | 3:00pm–4:00pm**

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

This program entails physical exercise, socialization, and memory exercises which are all beneficial to your memory. Participants will engage with various types of dancing that will accommodate seniors in the early stages of memory loss (Mild Cognitive Impairment).

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

**Mat Yoga**

**Every Friday | 10:45am–11:30am**
(no class 1/5, 6/1)

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.

**Mindfulness Meditation in Motion and Stillness**

**Every Monday | 10:00am–11:00am**
(no class 1/1, 1/15, 5/28)

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

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment. Seamless integration of gentle meditative movements and mindfulness meditation will be offered in each class. Patients, family members, and caregivers are welcomed. No prior experience is necessary.

Walk-ins welcome. For more information, call 650.721.8500.
Parkinson’s Exercise Class

Every Thursday | 2:00pm–3:00pm & 3:00pm–4:00pm
2 classes back-to-back
(no class 1/4, 5/31)

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

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 Wednesday | 1:00pm–2:00pm
(no class 5/30 and 6/27)

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 skilful 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.

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

Tai Chi

Every Tuesday | 2:30pm–3:30pm
(no class 5/29)

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

Every Thursday | 12:00pm–1:00pm
(no class 5/31)

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
Supported by the American Parkinson Disease Association, 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.
Support Groups

**Acoustic Neuroma Support Group**
2/1, 5/3, 8/2, 11/1 | 6:00pm–7:00pm
Stanford Cancer Center Palo Alto
875 Blake Wilbur Drive, Room CC2103
Palo Alto, CA 94304
Walk-ins welcome. For more information, email JLo@stanfordhealthcare.org.

**ALS Support Group**
Coming Soon! | 2:30pm–4:00pm
Hoover Pavilion
211 Quarry Road, Room 208
Palo Alto, CA 94304
Walk-ins welcome. For more information, call 650.721.8500.

**Ataxia Support Group**
Coming Soon! | 1:00pm-2:30pm
For more information, email SKahn@stanfordhealthcare.org.

**Brain Injury Peer Support Group**
1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16, 6/30 | 1:00pm–2:30pm
Hoover Pavilion
211 Quarry Road, Room 308
Palo Alto, CA 94304
For more information, call 408.659.0159 or visit ssbi.stanford.edu.

**Brain Tumor Support Group**
1/25, 2/22, 3/29, 4/26, 5/31, 6/28 | 5:30pm–7:30pm
Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304
Walk-ins welcome. For more information, email sharon.lamb@ucsf.edu or momredwood@gmail.com.

**Epilepsy Support Group | Mountain View**
5/3, 6/7 | 7:00pm–9:00pm
El Camino Hospital - YMCA Building
2400 Grant Road, Room K
Mountain View, CA 94040
Walk-ins welcome. For more information, email mv_epilepsysupportgroup@yahoo.com

**Functional Neurological Disorder Support Group**
1/8, 2/12, 3/12, 4/9, 5/14, 6/11 | 3:00pm–4:00pm
Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304
To register or for more information, call 650.721.8500.

**Memory Disorders Caregiver Support Group**
1/26, 2/23, 3/23, 4/27, 5/25, 6/22 | 3:00pm–4:30pm
Stanford Neuroscience Health Center
213 Quarry Road
Basement Floor, Conference Room 0511
Palo Alto, CA 94304
Walk-ins welcome. For more information, call 650.721.8500.

**Meningioma Support Group**
3/1, 6/7 | 6:00pm–7:30pm
Stanford Cancer Center Palo Alto
875 Blake Wilbur Drive, Rooms CC2103–CC2104
Palo Alto, CA 94304
Walk-ins welcome. For more information, email JLo@stanfordhealthcare.org.
**Live Fully MS Discussion Group**  
1/11, 2/8, 3/8, 4/12, 5/10, 6/14 | 10:00am–12:00pm  
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

**Multiple Sclerosis Support Group**  
1/29, 2/12, 2/26, 3/12, 3/26, 4/9, 4/23, 5/14, 6/11, 6/25  
7:00pm–9:00pm  
Stanford Neuroscience Health Center  
213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304  
For more information, call 408.921.9888.

**Myasthenia Gravis Support Group**  
February 13, May 15 | 6:00pm–7:30pm  
Stanford Neuroscience Health Center  
213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304  
For more information, call 650.497.5934 or email jnfisher@stanford.edu.

**Parkinson’s Caregiver Support Group**  
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 Support Group**  
1/10, 2/14, 3/14, 4/11, 5/9, 6/13 | 2:00pm–3:30pm  
Little House  
800 Middle Avenue, Auditorium  
Menlo Park, CA 94025  
Walk-ins welcome. For more information, call 650.724.6090 or visit parkinsons.stanford.edu.

**Patient Memory Support Group**  
5/8, 5/22, 6/12, 6/16  
10:30am–12:00pm  
Stanford Neuroscience Health Center  
213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304  
If interested, please call 650.736.7616 for more information prior to attending.

**Parkinson’s Young Onset Support Group**  
January 9 | 6:30pm–8:15pm  
Stanford Hospital  
300 Pasteur Drive, 3rd Floor, Board Room H3210  
Palo Alto, CA 94305  
2/13, 3/13, 4/10, 5/8, 6/12 | 6:30pm–8:15pm  
Lucile Packard Children’s Hospital  
725 Welch Road, Board Room  
Palo Alto, CA 94304  
To register or for more information, call 408.464.8718 or email mgapda@gmail.com.

**Stanford Stroke Support Group**  
1/11, 2/8, 3/8, 4/12, 5/10, 6/14 | 12:30pm–2:00pm  
Stanford Neuroscience Health Center  
213 Quarry Road  
Basement Floor, Conference Room 0511  
Palo Alto, CA 94304  
Registration required for lectures. Walk-ins welcome for support group meetings. To register or for more information, call 650.721.8500.

**Trigeminal Neuralgia Support Group**  
February 21, May 16 | 5:30pm–6:30pm  
Stanford Neuroscience Health Center  
213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304  
Registration required. To register email veevo@stanford.edu or call 650.736.0262.

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