

Parkinson's Exercise Class



Neuroscience Supportive Care Program

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.

- Dates:** Every Thursday
(no class 1/4, 5/31)
- Time:** 2:00pm–3:00pm & 3:00pm–4:00pm
(2 classes back-to-back)
- Location:** Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304
- Questions:** Call 650.721.8500
- Website:** www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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