

# Qi Gong for Vitality

## Neuroscience Supportive Care Program

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. Come join us and gain greater vitality, relaxation and transformation in mind, body, spirit, and emotional whole-person well-being.

Hosted by Stanford Alzheimer's Disease Research Center

**Walk-ins welcome.**



**Dates & time:** Every Wednesday | 1:00pm–2:00pm  
(no class 1/3, 1/17, 6/27)

**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](http://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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