

Tai Chi



Neuroscience Supportive Care Program

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. This Tai Chi class is supported by a grant from the National Parkinson Foundation.

Supported by the Parkinson's Foundation.

Walk-ins welcome.



- Dates:** Every Tuesday
(no class 1/2)
- Time:** 2:30pm–3:30pm
- 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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