Fostering Communities Virtually Through Exercise, Workshops, and Support Groups

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What is Supportive Care?
We provide tools and support to all neuro patients & caregivers (not only Stanford-affiliated) to promote the best quality of life possible.

All programs are currently on Zoom:
- Exercise classes
- Other types of classes & workshops
- Support groups

Exercise classes

General:
- Tai Chi (soon in Mandarin, too!)
- Qi Gong
- Yoga for Strength

Parkinson’s specific:
- PD Exercise
- Dance for PD
- Tango for PD

Seat-based:
- Chair Yoga
- Sit & Be Fit

Classes & Workshops

Mindfulness Meditation
Mon, Tues, or Thurs
An ancient practice of maintaining awareness through a gentle and nurturing lens.

Healing Strokes
Saturday afternoons
An art therapy-based class for stroke survivors and their caregivers.

Coming in January 2021:
A series of workshops for memory disorders caregivers

See our website for more!
Support groups & platforms

- Memory Disorders Caregiver Telephone Support Group (meets monthly): Are you caring for a loved one with a diagnosis of Mild Cognitive Impairment, Alzheimer’s disease, or a related dementia? Join our telephone support group and connect with others experiencing similar challenges.
- Huntington’s Disease Telephone Support Group (meets quarterly): For those who have HD, or their family members or caregivers.
- Live Fully with Multiple Sclerosis Discussion Group (meets weekly): Come connect with others living with MS, in a friendly environment, where we share, discuss, and support each other’s efforts to manage our health and wellness.
- SmartPatients Stroke Community: A secure, supportive online community where those affected by stroke or brain injury can connect, share questions and concerns, and learn from each other.

Learn more on our website

stanfordhealthcare.org/NSCP

Click on the headers to see details of our classes

Scroll down our homepage to the list of our current offerings. Updated weekly!
How to Contact Us

• Which exercise class or workshop might be a good fit for me?
• What other resources and services are available to me?

We can help!

→ Learn more & register: stanfordhealthcare.org/NSCP
→ Call us: 650-721-8500
→ Email us: nsdp@stanfordhealthcare.org