



Exercise for Health

This class includes Pilates-based mat exercises to work on core strength and stability. We also use bands, balloons and body weight as tools to enhance range of motion, flexibility, balance and muscular strength. Our goal is to increase your ability to attend to activities of daily living, and have fun doing it!

Clinical studies have shown exercise to be beneficial in the following areas:

- Reduce feelings of fatigue, depression, and nausea.
- Improve mental well-being and quality of life.
- Enhance ability to perform daily tasks.
- Produce positive changes in an individual's sense of confidence.

No registration required, just drop in.

Dates:	Every Tuesday No class 12/22 and 12/29 - Holiday
Time:	1:30pm – 2:30pm
Location:	Samyama Yoga Center 2995 Middlefield Road Palo Alto, CA 94306
Led by:	Julie Grosvenor, ACSM, CET
Questions:	Please email cancersupportivecare@stanfordhealthcare.org or call 650.725.9456.