



# Wellness Through Movement

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Ask your healthcare team how you can join this in-hospital wellness exercise program. Open to F-Ground patients and their family members.

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**Dates:** Every Tuesday – Chair Yoga  
Every Thursday – Chair Exercise

**Time:** 1:30pm – 2:30pm

**Location:** Stanford Hospital  
300 Pasteur Drive  
F-Ground Oncology Family Room, Stanford

**Questions:** Email: [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)  
Call: **650.725.9456**