

Spinefulness

Neuroscience Supportive Care Program

This 4-session class will teach you keen body awareness and corrections that will allow relief from mechanically-based joint and back pain. Whether you are suffering in your neck, feet, or joints, our Spineful approach will guide you to replace patterns of wear and tear with habits that restore joints. You will learn small, but critical, position shifts to apply to everyday activities. Sit comfortably at your desk, drive in your car without pain, or stand happily in line at the grocery store. Tap into the healing potential of gravity in any moment of the day, anywhere you are.

Registration is required. For more information, please call **650.721.8500**.

Dates: July 11, July 18, July 25, August 1

Time: 10:30am–11:30am

Location: Stanford Neuroscience Health Center
213 Quarry Road, Palo Alto, CA
Wellness Room 1511

Led by: Balance Center

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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