

“Gait & Cognition” Talk and Exercise Demos

Join Stanford's Parkinson's Community Outreach team at the newly-opened Peninsula Parkinson's Place, a great new space for exercise and connections! This event features well-known Rock Steady Boxing coach Freddy Silva and other instructors for demonstrations of various exercise types.

Plus Stanford movement disorder specialist Dr. Pegah Kahali will talk about "Gait & Cognition in PD: What's the Connection?"

Visit the Stanford PD resource table.

RSVP now as space is limited.

Date:

Friday, September 18, 12-2pm

Location: (Plenty of parking!)

Peninsula Parkinson's Place
262 Harbor Blvd, Building A
Belmont, CA 94002

Snacks and drinks will be provided

RSVP Deadline: September 16, 2026

Contact Stanford

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See blog post for additional details



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