

Stanford Health Care Programs & Resources

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Stanford Parkinson's Community Outreach and APDA Information & Referral Center

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Stanford Health Care's *Exercise for Parkinson's Disease* Class Instructor

Agenda

- Brief overview of programs and resources
- Exercise for Parkinson's Disease class – get ready to move!
- Q&A

Wellness Classes



- Dance for Parkinson's Disease
- Tango for Parkinson's Disease
- Exercise for Parkinson's Disease
- Sit & Be Fit



- Mindful Meditation
- Tai Chi
- Qi Gong
- Yoga

- All classes are free and open to the community
- Most classes are available virtually, with some available in-person at Stanford in Palo Alto
- Visit <https://stanfordhealthcare.org/nscp>

Health Library

- With over 33 years of serving the community as the premier consumer health library in the United States, the Stanford Health Library:
 - Provides **evidence-based information** to help individuals make informed decisions about their health and health care
 - Connects people to **resources** to meet whole-person needs
- **Caregiver Program** volunteers provide a listening ear and compassion to caregivers
- All services are free and open to the community
- Visit <https://healthlibrary.stanford.edu/>

Stanford's American Parkinson Disease Association Information & Referral Center



- *Web:* med.stanford.edu/parkinsons
- *Blog:* parkinsonsblog.stanford.edu
- *Most-visited webpages in Northern/Central California:*
 - **PD support groups**
 - **In-person PD exercise classes**
 - **Fall prevention classes**

Other popular webpages



- Virtual PD exercise classes
- List of movement disorder specialists



Join our email lists:

- Stanford PD Info
monthly PD webinars
- PD Caregivers



Upcoming

- **Spanish-language PD support group starting in August**
Every 3rd Wednesday, 5:30-6:30pm — *led by neurologist!*
- **Helen Bronte-Stewart, MD, speaking on adaptive DBS**
Thursday, August 17, Noon-1pm — *Ask me for the link!*
- **“Connecting Through Art”**
Friday, August 25, 11am
- **“Gadget” webinar for caregivers**
Sunday, August 27, 2-3:30pm
- **PDD/LBD Caregiver Symposium**
Saturday, October 14, 10am-2pm — *hybrid*



Our Team



Robin Riddle



Denise Dagan



Steven Russell



Including Occasional contractors who attend webinars, take notes, and share summaries