

برنامه های مراقبت حمایتی سرطان و علوم اعصاب استنفورد ثبت نام در کلاس های آنلاین

Stanford Cancer and Neuroscience Supportive Care Programs Registration for Online Classes (Farsi)

مرحله اول:

- به صفحه مورد علاقه برنامه مراقبت حمایتی بروید.

○ برنامه های مراقبت حمایتی از سرطان

<https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program.html>

○ برنامه های مراقبت حمایتی علوم اعصاب:

<https://stanfordhealthcare.org/for-patients-visitors/neuroscience-supportive-care-program.html>

مرحله دوم:

روی تقویم کلاس (Class Calendar) کلیک کنید (فشار دهید). (گزینه تقویم کلاس را انتخاب کنید)

Cancer Supportive Care Program

ABOUT VIDEOS

Virtual offerings are now available. See categories below, call or email us for more information.

In-person Supportive Care Programs have been temporarily canceled until further notice.

[RESOURCES DURING COVID-19](#)

Support for Cancer Patients and Family

The Cancer Supportive Care Program is an integral part of the

CATALOG OF SERVICES

CLASS CALENDAR

LOCATIONS



Neuroscience Supportive Care Program

Virtual offerings are now available. See categories below, call or email us for more information.

In-person Supportive Care Programs have been temporarily canceled until further notice.

[RESOURCES DURING COVID-19](#)

CATALOG OF SERVICES

Support for Neuroscience Patients and Family

The Neuroscience Supportive Care Program provides a variety of FREE support groups, classes, workshops, personal one-on-one consultations and services that are open to all patients and families in the community regardless of where you receive care. All classes are tailored to the unique needs of Neuroscience patients.

CLASS CALENDAR



مرحله سوم:

- برای شرکت در برنامه های مراقبت های حمایتی آنلاین، لازم است که با شرایط موجود که در صفحه ظاهر میشود، موافقت کنید.

member.

Health Education Program Participation Agreement

I am voluntarily enrolling and participating in a class or activity hosted by Stanford Health Care, including but not limited to, aerobic exercises, balance and functional movement practice, yoga, dance, resistance strength conditioning, and/or tai chi. I am aware of the risks and hazards involved in participating in a class or activity where there is chance for injury. I understand that it is my responsibility to consult with my physician regarding, and prior to my participation in, any type of class or activity at Stanford Health Care. I hereby affirm that I am in good physical condition and do not suffer from any disability or condition that would prevent or limit my participation in classes or activities.

In the event of any unusual pain, discomfort, injury, light headedness or dizziness during the class or activity, I will cease participation. I understand I am responsible for modifying exercises as necessary based on my physical condition and/or state of being.

I understand that Stanford's Health Education Programs, in an effort to provide me with the latest program updates on exercise classes and activities, care, and research, will communicate with me by email or text. At any time, I may change my communication preferences and opt out of email or text communications by contacting Stanford's Health Education Program.

Please confirm that you've read both the confidentiality & health education program participation agreements.

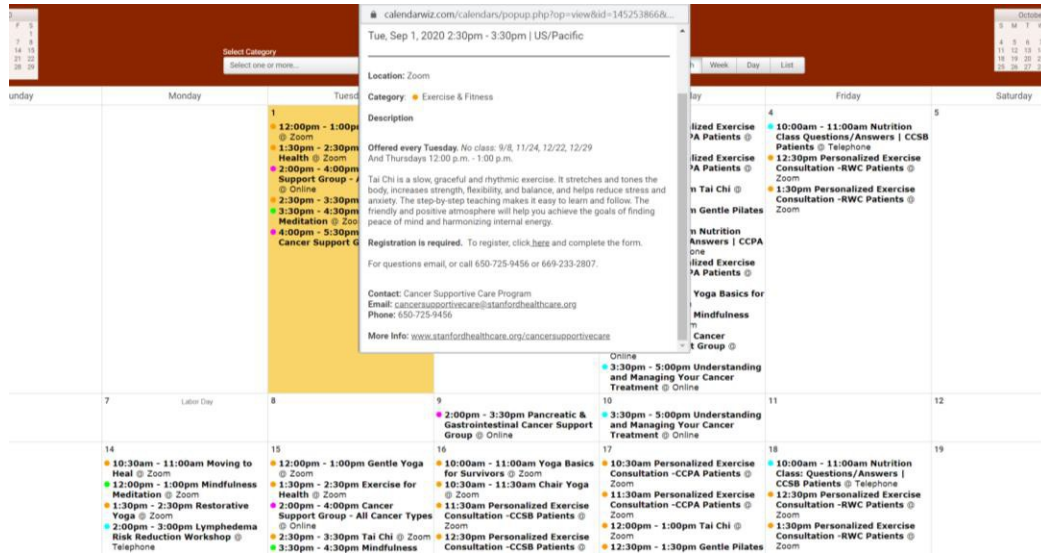
Yes, I agree.
 No, I disagree.

Thank you for your response.

[View the Cancer Supportive Care Program Calendar »](#)

مرحله چهارم:

- به تقویم برنامه بروید و کلاس آنلاین مورد علاقه خود را انتخاب کنید. به عنوان مثال "تای چی" را در زیر مشاهده کنید:



calendarwz.com/calendar/popup.php?top-view&id=145253866&...
Tue, Sep 1, 2020 2:30pm - 3:30pm | US/Pacific

Location: Zoom

Category: Exercise & Fitness

Description

Offered every Tuesday. No class: 9/8, 11/24, 12/22, 12/29
And Thursdays 12:00 p.m. - 1:00 p.m.

Tai Chi is a slow, graceful and rhythmic exercise. It stretches and tones the body, increases strength, flexibility, and balance, and helps reduce stress and anxiety. The step-by-step teaching makes it easy to learn and follow. The friendly and positive atmosphere will help you achieve the goals of finding peace of mind and harmonizing internal energy.

Registration is required. To register, click [here](#) and complete the form.

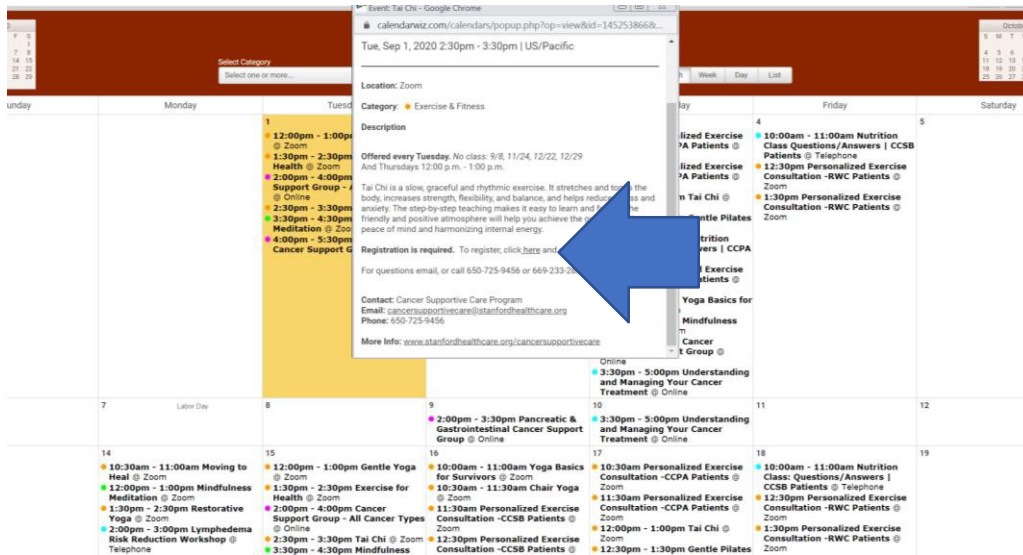
For questions email, or call 650-725-9456 or 669-233-2807.

Contact: Cancer Supportive Care Program
Email: cancersupportivecare@stanfordhealthcare.org
Phone: 650-725-9456

More Info: www.stanfordhealthcare.org/cancersupportivecare

مرحله پنجم:

- روی لینک ثبت نام ("[To register, click here](#)") که در مورد توضیحات کلاس می باشد کلیک کنید. (انتخاب کنید)



آخرین به روز رسانی 9/1/2020
بهداشت و درمان استنفورد تجربه بیمار / آموزش بهداشت ، تعامل و ارتقا بهداشت

مرحله ششم:

- قسمتهای لازم را برای ثبت نام پر کنید و روی “Register” کلیک کنید.
(دکمه “Register” را فشار دهید.)

Time shows in Pacific Time (US and Canada)

First Name*	Last Name*
<input type="text"/>	<input type="text"/>
Email Address*	Confirm Email Address*
<input type="text"/>	<input type="text"/>
Address*	City*
<input type="text"/>	<input type="text"/>
Zip/Postal Code*	State/Province*
<input type="text"/>	Choose One...
Phone*	
<input type="text"/>	
Please re-type participant first and last name*	Emergency Contact First and Last Name*
<input type="text"/>	<input type="text"/>
Emergency Contact Phone Number*	
<input type="text"/>	

* Required information

مرحله هفتم:

- URL زیر را حفظ کنید و / یا آن را به تقویم خود اضافه کنید. این لینک برای کلاس آنلاین شما استفاده خواهد شد.

Meeting Registration Approved

Topic:	Tai Chi
Time:	Sep 1, 2020 02:30 PM Sep 8, 2020 02:30 PM Sep 15, 2020 02:30 PM Sep 22, 2020 02:30 PM Sep 29, 2020 02:30 PM Oct 6, 2020 02:30 PM Time shows in Pacific Time <input type="button" value="Add to calendar"/>
Meeting ID:	938 7990 0274
To Join the Meeting	
Join from a PC, Mac, iPad, iPhone or Android device:	
Please click this URL to join:	https://stanfordhealthcare.zoom.us/j/93879900274?tk=5f5sgG88GqV70z4NwpaJKfjixFUoePb5WK4G-Y5Xc_DQIAAAAV262ychZIZ2UehHISVN2LXxTW1OUEJ0bmx8AAAAAAAAAAAAAAAAAAAAAAAAAAAA&pwd=WUN6R3hRekZZMeF0xM5eGpSZUw4dz09
To Cancel This Registration	
You can cancel your registration at any time.	