

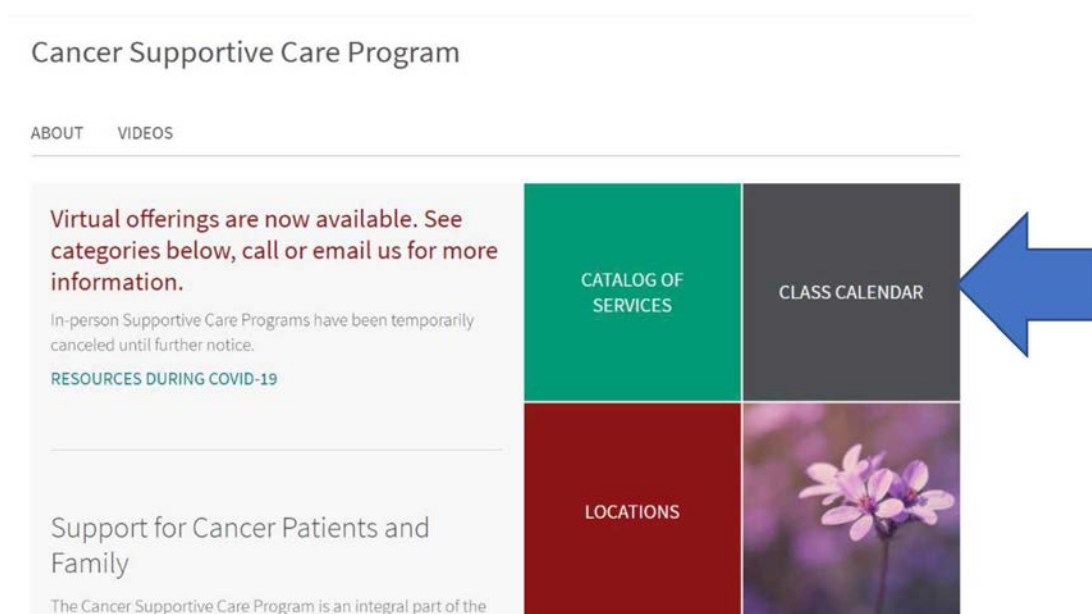
スタンフォード がん及び神経科学の支持療法プログラム オンラインクラスの登録

ステップ 1 :

- 興味のある Supportive Care Program (支持療法プログラム) ウェブページにアクセスします。
 - Cancer Supportive Care Programs (がん支持療法プログラム) : <https://stanfordhealthcare.org/for-patients- visitors/cancer-supportive-care-program.html>
 - Neuroscience Supportive Care Programs (神経科学支持療法プログラム) : <https://stanfordhealthcare.org/for-patients- visitors/neuroscience-supportive-care-program.html>

ステップ 2 :

- 「Class Calendar (クラスカレンダー)」 をクリックします。



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

A blue arrow points to the 'CLASS CALENDAR' button.

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

Support for Neuroscience Patients and Family

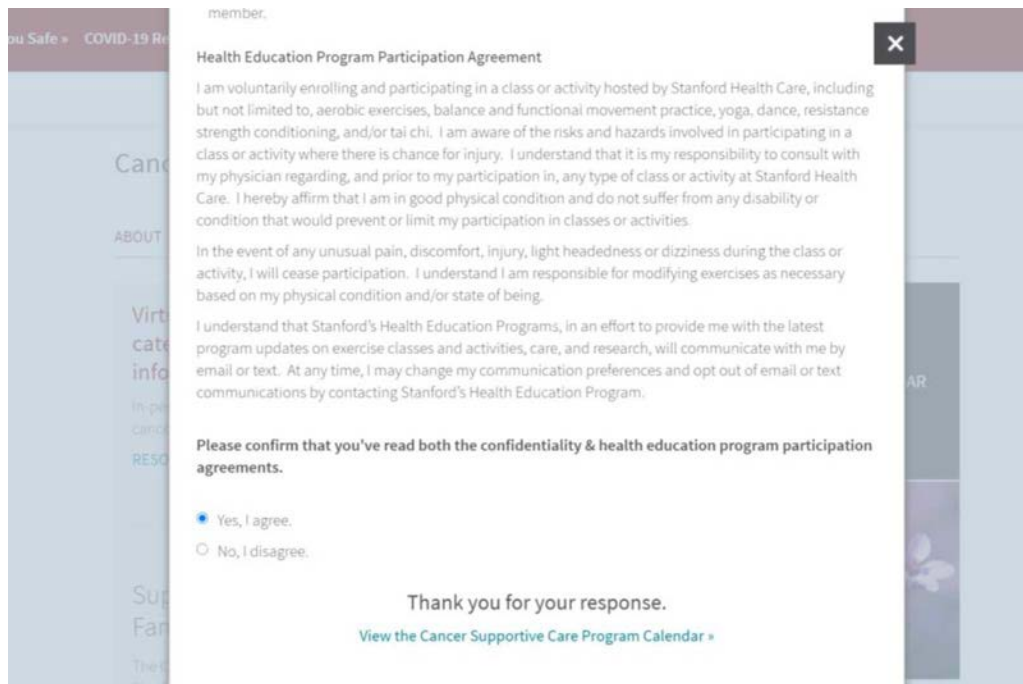
The Neuroscience Supportive Care Program provides a variety of FREE support groups, classes, workshops, personal one-on-one consultations and services that are open to all patients and families in the community regardless of where you receive care. All classes are tailored to the unique needs of Neuroscience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

CATALOG OF SERVICES

CLASS CALENDAR

ステップ 3 :

- オンライン支持療法プログラムに参加するには、ポップアップ内の条件に同意する必要があります。



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.

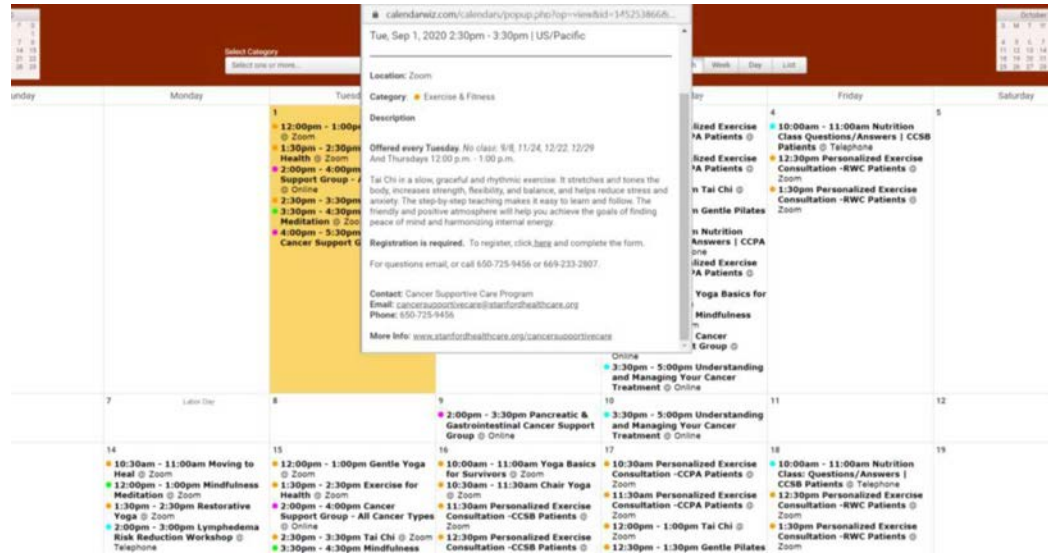
Yes, I agree.
 No, I disagree.

Thank you for your response.

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

ステップ 4 :

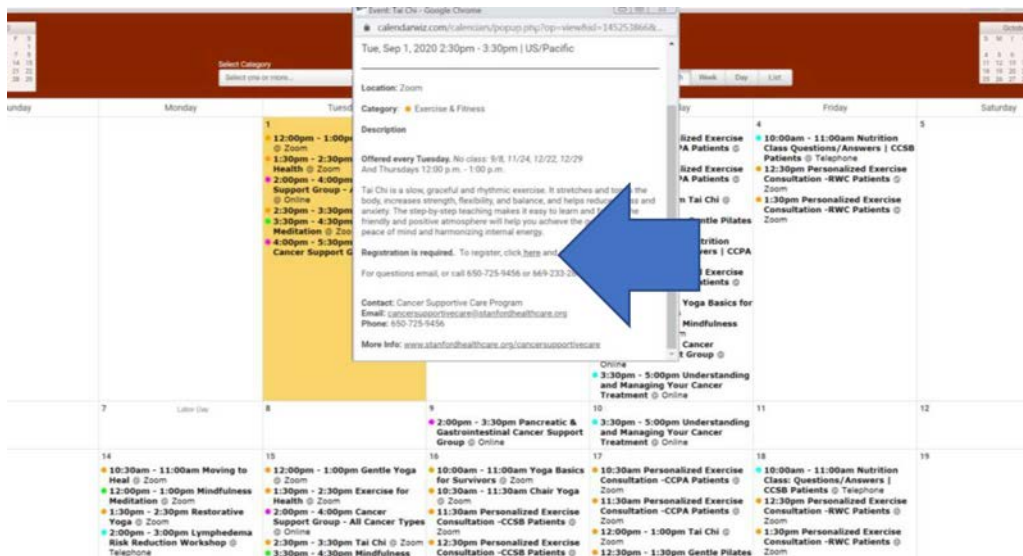
- プログラムカレンダーに進み、興味のあるオンラインクラスを選択します。下の太極拳の例をご覧ください。



The screenshot shows a calendar for the week of September 1st to 5th, 2020. The 'Tai Chi' class is highlighted in yellow on Tuesday, September 1st, from 12:00pm to 1:00pm. The class description reads: "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." It also notes that registration is required and provides contact information for the Cancer Supportive Care Program.

ステップ 5 :

- クラスの説明にある登録リンク（「登録するにはこちらをクリック」）をクリックします。



This screenshot is identical to the one above, but a blue arrow points to the registration link in the class description: "Registration is required. To register, click [here](#) and complete the form." This link is the one that users should click to register for the class.

