

斯坦福癌症与神经科学支持护理计划

Stanford Cancer and Neuroscience Supportive Care Programs (Simplified Chinese)

网上课程报名方法

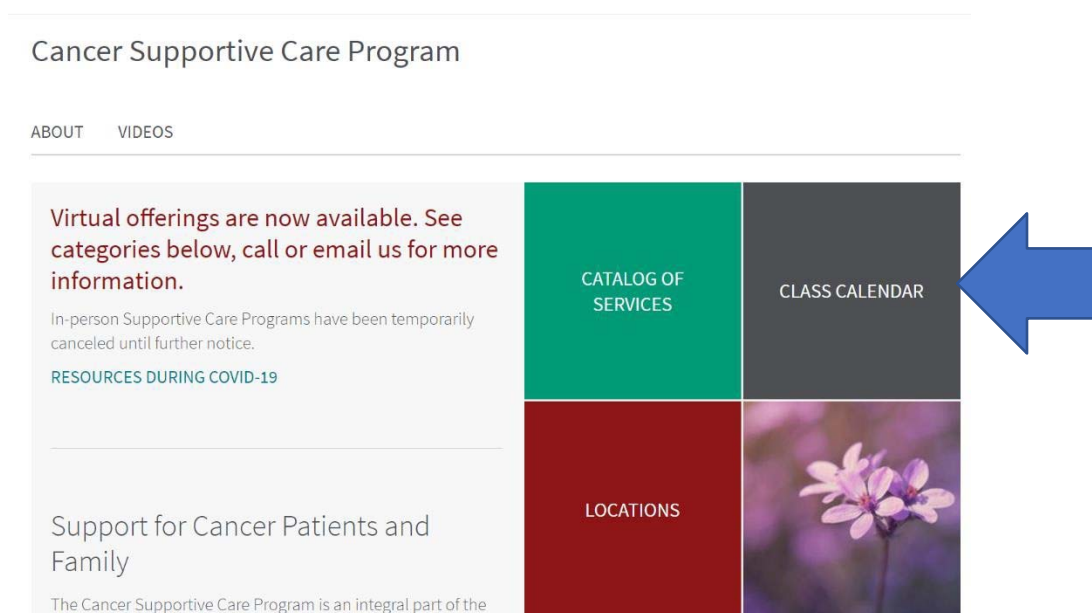
Registration for Online Classes

第一步 (Step One):

- 进入您感兴趣的支持护理计划网站
 - 癌症支持护理计划:
<https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program.html>
 - 神经科学支持护理计划:
<https://stanfordhealthcare.org/for-patients-visitors/neuroscience-supportive-care-program.html>

第二步 (Step Two):

- 点击 **“Class Calendar”** (课程表)。



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.

更新日期 2020 年 9 月 1 日

斯坦福医疗中心患者体验部健康教育、推广及宣传处

(Stanford Health Care Patient Experience/Health Education, Engagement and Promotion)

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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



第三步 (Step Three):

- 要参加网上支持护理课程必须先同意弹出窗口中所列条款。

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 »](#)

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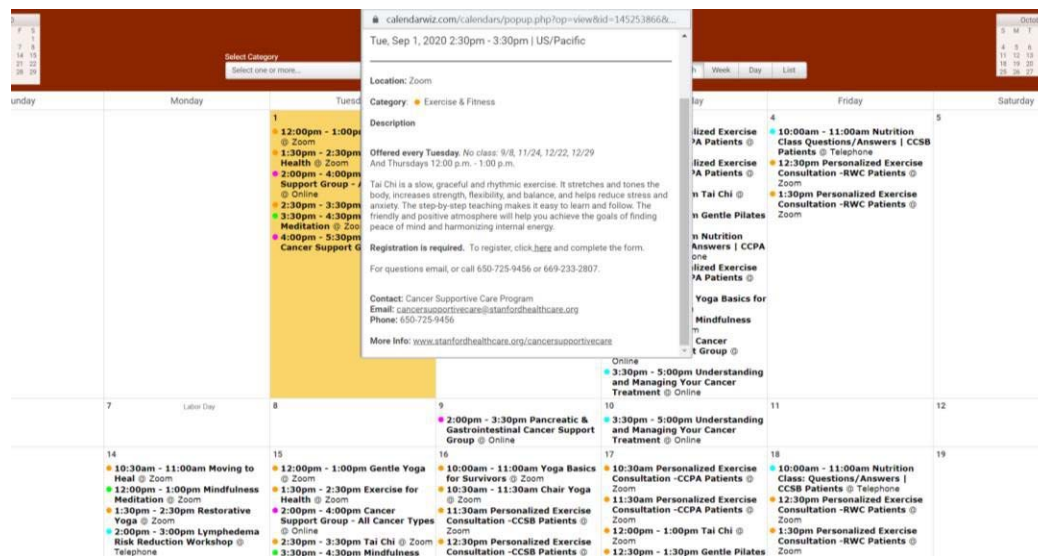
斯坦福医疗中心患者体验部健康教育、推广及宣传处

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第四步 (Step Four):

- 进入课程表并选择感兴趣的网上课程。以下是以选择太极课 (Tai Chi) 为例的操作示范:

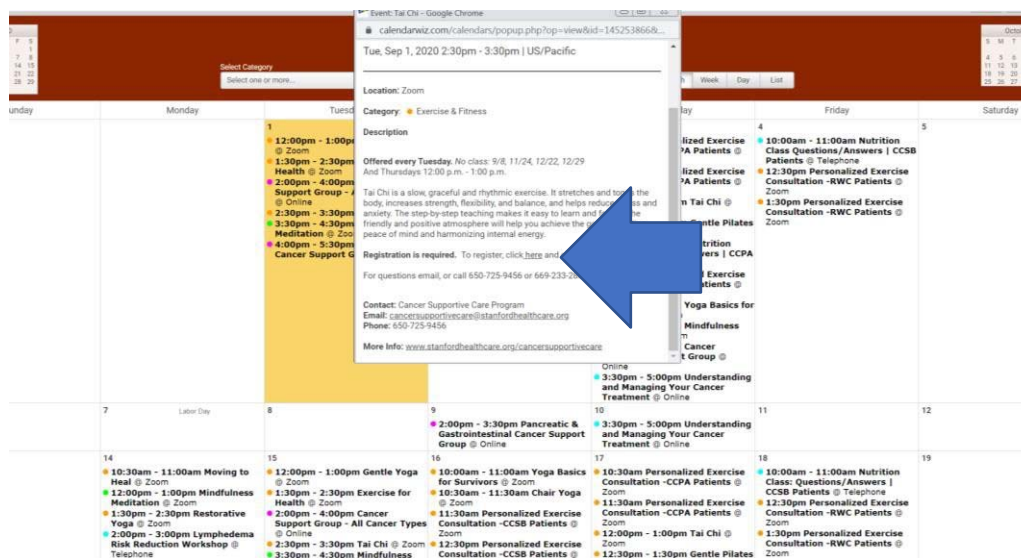


The screenshot shows a calendar interface with a pop-up window for a Tai Chi class. The pop-up window contains the following information:

- Location:** Zoom
- Category:** Exercise & Fitness
- Description:** 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:** 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

第五步 (Step Five):

- 在课程简介中点击报名链接 **“here”** (“To register, click **here**”)



This screenshot is identical to the one above, but with a blue arrow pointing to the [here](#) link in the registration instructions of the Tai Chi class description.

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第六步 (Step Six):

- 填写报名表中必填项并点击“Register” (报名)。

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

[Register](#)

第七步 (Step Seven):

- 保存下方链接 (URL)，或加进自己的日历表；这个链接就是网路课程的教室。

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 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=5FfsgG88GqV70z4NwpaJKfjoxFuoPb5WK4G-Y5Xc-DQIAAAAV26ZychZfZ2JehH5VN2LXkxTW1OUEJ0bmxBAAAAA&pwd=WUN6R3hRkZzMEIfoXM5eGpS2Uw4dr09
To Cancel This Registration	
You can cancel your registration at any time.	

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