

## 斯坦福癌症與神經科學支持護理計畫

Stanford Cancer and Neuroscience Supportive Care Programs (Traditional Chinese)

### 網上課程報名方法

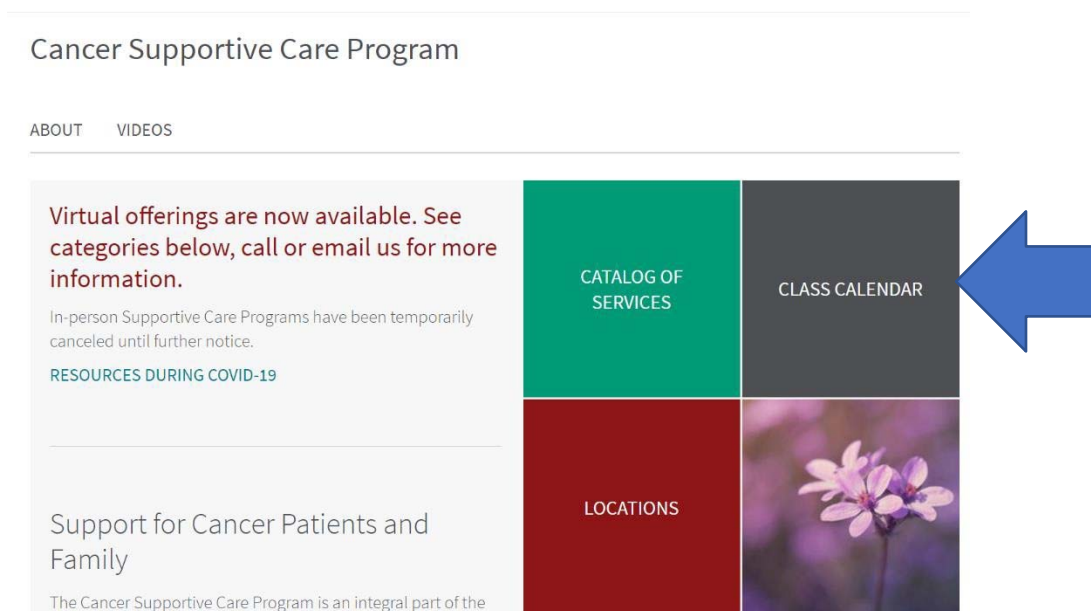
Registration for Online Classes

#### 第一步 (Step One):

- 進入您感興趣的支持護理計畫網站
  - 癌症支持護理計畫：  
<https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program.html>
  - 神經科學支持護理計畫：  
<https://stanfordhealthcare.org/for-patients-visitors/neuroscience-supportive-care-program.html>

#### 第二步 (Step Two):

- 點擊「**Class Calendar**」(課程表)。



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

更新日期：2020年9月1日

斯坦福醫療中心患者體驗部健康教育、推廣及宣傳處

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

*Translated from English into Traditional Chinese - Interpretation and Translation Services at Stanford Health Care*

## 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.

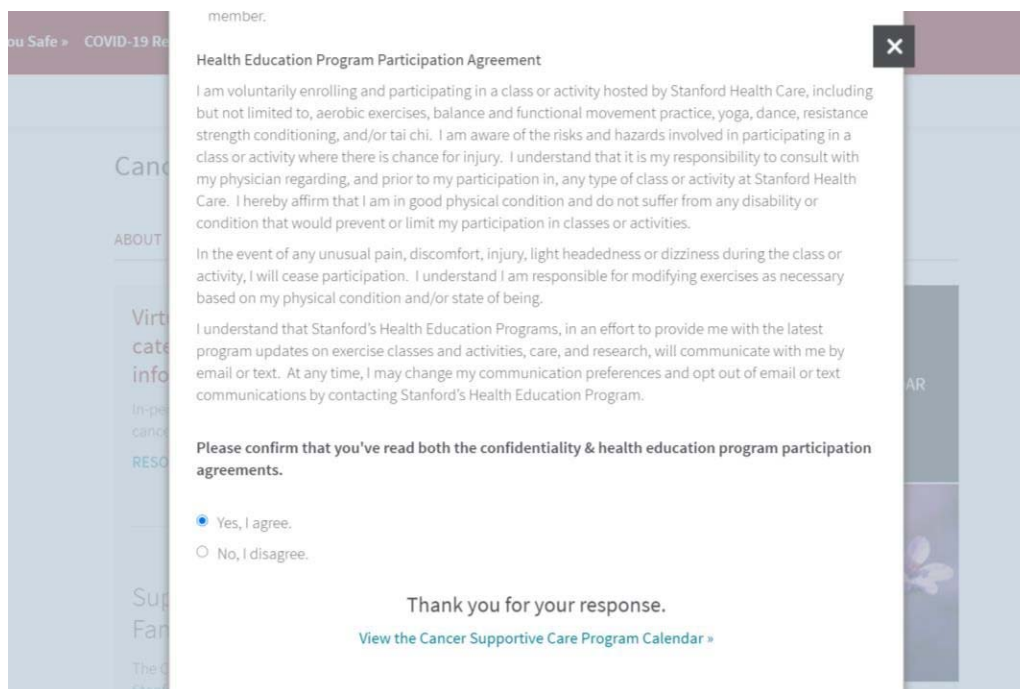
CATALOG OF SERVICES

CLASS CALENDAR



## 第三步 (Step Three):

- 要參加網上支持護理課程必須先同意彈出視窗中所列條款。



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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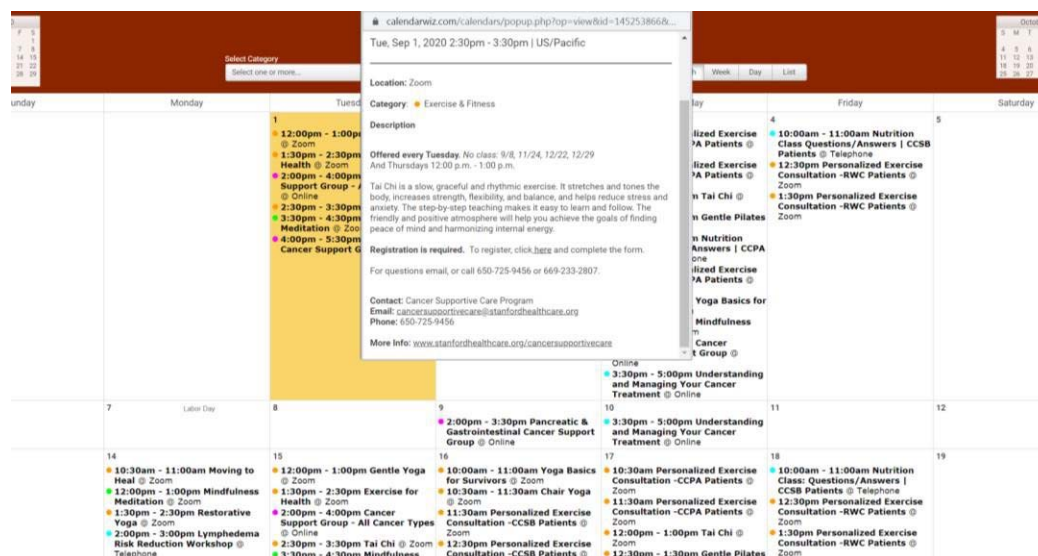
斯坦福醫療中心患者體驗部健康教育、推廣及宣傳處

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## 第四步 (Step Four):

- 進入課程表並選擇感興趣的網上課程。以下是以選擇太極課 (Tai Chi) 為例的操作示範：



calendarwiz.com/calendarwiz/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.

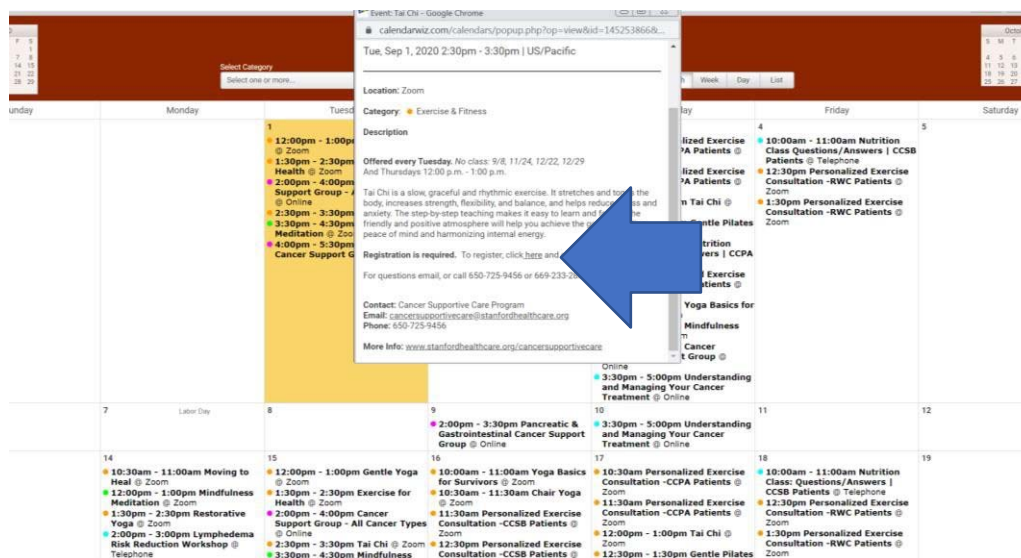
Registration is required. To register, click [here](#) and complete the form. For questions email, or call 650-725-9456 or 669-233-2807.

Contact: Cancer Supportive Care Program  
 Email: [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)  
 Phone: 650-725-9456

More Info: [www.stanfordhealthcare.org/cancersupportivecare](http://www.stanfordhealthcare.org/cancersupportivecare)

## 第五步 (Step Five):

- 在課程簡介中點擊報名連結「[here](#)」 (“To register, click [here](#)”).



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## 第六步 (Step Six):

- 填寫報名表中必填欄位，並點擊「Register」(報名)。

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


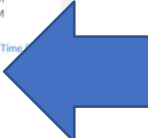


## 第七步 (Step Seven):

- 保存下方連結 (URL)，或選擇加進您的日曆；這個連結就是網路課程的教室。

Meeting Registration Approved

Topic	Tai Chi
Time	Step 1, 2020 02:30 PM Step 8, 2020 02:30 PM Step 15, 2020 02:30 PM Step 22, 2020 02:30 PM Step 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.	<a href="https://stanfordhealthcare.zoom.us/j/93879900274?tk=SFfsG88GqV70z4NwpaJKJjoxFJocPb5WK4G-Y5Xc-DQIAAAAAY26ZyChZTZ2JehHISVN2LXkxTW1OUEJ0bmxBAAAAA&amp;pwd=WUN6R3hRkZ2MEtFcxM5eGpSZUw4dr09">https://stanfordhealthcare.zoom.us/j/93879900274?tk=SFfsG88GqV70z4NwpaJKJjoxFJocPb5WK4G-Y5Xc-DQIAAAAAY26ZyChZTZ2JehHISVN2LXkxTW1OUEJ0bmxBAAAAA&amp;pwd=WUN6R3hRkZ2MEtFcxM5eGpSZUw4dr09</a>
To Cancel This Registration	
You can cancel your registration at any time.	



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