



Ready to finally prioritize your health & build the health and life you deserve?

JOIN US!

# INSIDE OUT: 12 WEEKS TO A HEALTHIER YOU

Option 1: January 15 - April 2, 2025

Option 2: April 9 - June 25, 2025

Wednesdays 11 am - 12pm

## SUSAN PAYROVI, M.D.

Dr. Payrovi is Clinical Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at Stanford University.

She is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

Dr. Payrovi also holds certifications in Functional Medicine, Mind Body Medicine, and Medical Acupuncture.

### EACH SESSION IS OFFERED AS A SHARED MEDICAL VISIT VIA ZOOM VIDEO

Whether you are in good health or dealing with chronic health issues, this series will teach you what it takes to achieve optimal health from the inside out.

We'll discuss the scientific evidence behind lifestyle therapies. More importantly, we'll work together to implement better nutrition, stress management, deeper sleep, regular exercise, etc., working alongside other like-minded people on the same journey.

At the end of the program, you will emerge with less symptoms and a greater sense of control over your well being.

### TOPICS

- MIND BODY CONNECTION AND STRESS RESILIENCE
- NUTRITION
- FASTING
- HEALTHY SLEEP
- MOVEMENT & EXERCISE
- TOXINS & DETOX
- VITAMINS & SUPPLEMENTS
- COMPLEMENTARY THERAPIES

TO REGISTER PLEASE CALL:

Stanford Center for Integrative Medicine

 (650) 498-5566



**Stanford**  
HEALTH CARE

Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist