INSIDE OUT:
8 WEEKS TO A HEALTHIER YOU
TAUGHT BY SUSAN PAYROVI, M.D.

SESSION 1: APRIL 21 - JUNE 9
SESSION 2: AUGUST 18 - OCTOBER 6
SESSION 3: OCTOBER 27 - DECEMBER 15
12 - 2 PM

Whether you are in good health or dealing with chronic health issues, this course will teach you what it takes to achieve optimal health from the inside out. Lasting change comes from understanding the rationale for healthy habits and having the social support to guide you towards lifestyle change. In this course, you will learn what it takes to achieve your best health, alongside other like-minded people on the same journey.

Susan Payrovi, M.D., holds board certifications in Anesthesiology, Hospice & Palliative Medicine, Integrative Medicine, Functional Medicine, with additional training in acupuncture.

Cost: Each weekly session is billed to your insurance as a shared group visit with a Stanford physician specialist.