UNDER-TREATED STRESS, ANXIETY & DEPRESSION?

Join us!

Mental Health Mondays

Mondays, 12 - 1 pm
Year round via Zoom

SUSAN PAYROVI, M.D.

- Clinical Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at Stanford University
- Triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.
- Certified in Functional Medicine, Mind Body Medicine, and Medical Acupuncture

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

This Program is for You If:

- You want non-pharmaceutical tools to boost emotional wellbeing
- You're looking for better ways to manage stress
- You enjoy learning from a supportive community
- You're living with chronic disease and want to manage your symptoms more effectively

Each week, we'll meet for 40 minutes to explore an integrative mental health tool followed by a group meditation, discovering techniques that work for you.

Please note this program is not a substitute for care currently received for mental health, but will support your current therapies for mental health.

PLEASE NOTE:

- This program is conducted as a series of shared medical visit requiring your active participation
- New and experienced meditators welcome
- Please plan on attending weekly to get the most out of the program

Stanford HEALTH CARE

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