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

JANUARY 19 - MARCH 9
APRIL 20 – JUNE 8
TUESDAYS, 1:30 - 3 PM, VIA ZOOM

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, and Integrative Medicine. She is also certified in Functional Medicine with additional training in acupuncture.

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

To Register Please Call
Stanford Center for Integrative Medicine
(650) 498-5566
Classes offered via Zoom