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.

The course is taught by Dr. Susan Payrovi of Stanford Center for Integrative Medicine. She is board certified in Anesthesiology and Integrative Medicine, with additional training in Functional Medicine and acupuncture.

**To register, please call 650.498.5566. Each weekly session will be billed to your insurance as a 15-minute office visit. Please arrive either 20 minutes early or stay over 20 minutes after each class to check-in individually with Dr. Payrovi.**

**Dates:** Every Tuesday (from January 10 to February 28)

**Time:** 12:00pm–1:30pm

**Location:** Stanford Center for Integrative Medicine  
211 Quarry Road  
2nd Floor, Suite 205  
Palo Alto, CA 94304

**Questions:** Please call 650.498.5566

---

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.*