



INSIDE OUT: 8 WEEKS TO A HEALTHIER YOU

BY SUSAN PAYROVI, M.D.

UPCOMING 2023 SESSIONS ON TUESDAYS

JAN 10 – FEB 28, 11AM-12PM

MAR 7 – MAY 2, 12 PM -1 PM

MAY 9 – JUN 27, 11AM-12PM

**EACH SESSION IS OFFERED AS A GROUP MEDICAL VISIT VIA ZOOM VIDEO
AND BILLED TO YOUR INSURANCE AS A GROUP MEDICAL VISIT
WITH A STANFORD PHYSICIAN SPECIALIST.**

Whether you're 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.

Lasting change comes from understanding the rationale for healthy habits and having the social support to guide you towards lifestyle change.

During our time together, you'll learn what it takes to achieve your best health, alongside other like-minded people on the same journey.

Susan Payrovi M.D. is board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine. She also holds certifications in functional medicine and medical acupuncture.



TOPICS

**THE MIND BODY
CONNECTION**

NUTRITION

HEALTHY SLEEP

**MOVEMENT &
EXERCISE**

TOXINS & DETOX

**VITAMINS &
SUPPLEMENTS**

**COMPLEMENTARY
THERAPIES**

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