



# INSIDE OUT: 12 WEEKS TO A HEALTHIER YOU

by Susan Payrovi, M.D.

## SUSAN PAYROVI, M.D.

Susan Payrovi M.D. is Clinical Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at Stanford University.

She is board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine. She also holds certifications in Functional Medicine and medical acupuncture.

## UPCOMING 2023 SESSIONS

- AUG 29 – NOV 14, 2023
- TUESDAYS, 11-12 PM

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

Whether you are 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.

We'll discuss the scientific evidence behind lifestyle medicine. More importantly, we'll work together to implement better nutrition, stress management, deeper sleep, regular exercise, etc., working alongside other like-minded people on the same journey.

At the end of the program, you will emerge with less symptoms and a greater sense of well being!

## TOPICS

- THE MIND BODY CONNECTION
- STRESS MANAGEMENT
- NUTRITION
- FASTING
- HEALTHY SLEEP
- MOVEMENT & EXERCISE
- TOXINS & DETOX
- VITAMINS & SUPPLEMENTS
- COMPLEMENTARY THERAPIES

TO REGISTER PLEASE CALL:

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HEALTH CARE

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