



Go from stressed and reactive to calm and in control

MIND BODY RESILIENCE:

A WHOLE PERSON APPROACH TO STRESS MANAGEMENT

- SEPT 13 – NOV 15 , 2023
- WEDNESDAYS, 12- 1 PM

SUSAN PAYROVI, M.D.

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

She is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

Dr. Payrovi also holds certifications in Functional Medicine and medical acupuncture.

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

Stress is a fact of modern life. From too many commitments, to overstimulation from our environment and technology, to larger world issues, stress lurks in the background, wreaking havoc on our mental, emotional, and physical health.

Join us for this evidence-based series on how stress damages our health and what we can do about it. This is an experiential, interactive program where we as a group will experiment with different stress resilience techniques. In addition, guided group discussions and activities will allow us to gain insight into how we each can best address our mental and emotional health.

By the end of the program, you will emerge more calm, grounded, and resilient in the face of stress.

PLEASE NOTE:

- This program is conducted as a series of shared medical visit requiring your active participation
- Program length is 10 weeks and you are required to attend all sessions.
- If you must miss a session, please let us know before registering.

TO REGISTER PLEASE CALL:

Stanford Center for Integrative Medicine

 (650) 498-5566



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HEALTH CARE

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