



Go from stressed and reactive to calm and in control

# MIND BODY RESILIENCE:

## A "WHOLE PERSON" APPROACH TO STRESS MANAGEMENT

- OPTION 1: THURSDAYS, JAN 4 - APR 4 (12 - 1 PM)
- OPTION 2: TUESDAYS, MAR 12 - JUN 4 (1230 - 130 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, Mind Body Medicine, and medical acupuncture.

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

Feeling stressed due to too many commitments, overstimulation, health issues, and concern over world events?

Join us for this evidence-based series to understand how stress wreaks havoc on our mental, emotional, and physical health AND what we can do about it.

This is an experiential, interactive program where we as a group will experiment with different techniques to build stress resilience. 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 more 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 12 weeks
- Please plan on attending 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



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