

Lifestyle Redesign®

Telehealth Services

What we can help you with:

- Establishing new, healthy routines
- Improving time management
- Incorporating physical activity
- Connecting with others remotely
- Engaging in meaningful activities
- Managing chronic pain, migraine, or headache symptoms
- Managing stress and anxiety
- Improving sleep
- Modifying the home environment to support focus and ergonomics

Schedule a free 15 minute
consult or sign-up online on
your MySHR:

*In partnership with
USC Student Health*

OT Consult Times

Wednesdays: 5PM - 6:30PM

Thursdays: 1-4PM

Fridays: 1:45PM - 3PM

& brought to you by the
USC Occupational Therapy Faculty Practice

☎ (323) 442-3340

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