

Lifestyle Redesign[®]

Occupational Therapy | Telehealth Services

What we can help you with:

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

Schedule a free 15 minute consult by calling our clinic or sign-up online through MySHR

*In partnership with
USC Student Health*

OT Consult Times

Wednesdays: 5:30PM-6:00PM

Thursdays: 1:00PM-4:00PM

Fridays: 1:45PM - 3:00PM

Brought to you by the
USC Occupational Therapy Faculty Practice

☎ (323) 442-3340

✉ oftp@med.usc.edu

➔ <https://chan.usc.edu/patient-care/faculty-practice>