

StressFreeMD™

Robyn Tiger, MD, DipABLM, FACLM is a double board-certified physician in Diagnostic Radiology and Lifestyle Medicine, Fellow of the American College of Lifestyle Medicine, Blue Zones Certified Physician, and trauma-informed mind-body expert.

As founder of StressFreeMD™, she uniquely integrates her expertise in medicine, yoga therapy, meditation, and life coaching to empower healthcare professionals with a whole-person approach to relieving stress while increasing both lifespan and healthspan. Known as "The Self-Care Doctor," she inspires sustainable behavior change through evidence-based coaching, presentations, retreats, digital courses, podcast, and book, helping individuals cultivate greater physical, mental, and emotional well-being, resilience, and vitality.

Dr. Tiger is the award-winning author of *Feeling Stressed Is Optional*, serves as Lead Faculty and Subject Matter Expert in Stress Management for the *Foundations of Lifestyle Medicine Board Review Manual*, is the Chief Wellness Officer for Women in Medicine®, hosts the StressFreeMD Podcast, and is a Western Carolina Medical Society Healthy Healer Partner.

She wholeheartedly believes that "age is not a cage" and is passionate about helping others elevate their calm, unlock their incredible potential, and become the healthiest, happiest, and most fulfilled versions of themselves!