

StressFreeMD™

Robyn Tiger, MD, DipABLM is a double board-certified physician in Diagnostic Radiology and Lifestyle Medicine, Fellow of American College of Lifestyle Medicine, and a trauma-informed mind-body expert. As founder of the wellness practice, StressFreeMD, she uniquely combines her training in medicine, yoga therapy, meditation & life coaching to teach others a whole person approach to relieve stress while increasing both lifespan and healthspan. As “The Self-Care Doctor”, her innovative coaching, courses, presentations, retreats, podcast and award-winning book focus on creating effective behavior changes in the key topics of stress relief, nutrition, exercise, sleep, social connection, escapes and nature while cultivating physical, mental, and emotional well-being and resilience.

Dr. Tiger is the author of *Feeling Stressed is Optional*, a unique multimodal interactive book which combines engaging content, videos and worksheets for the most effective transformative experience. She serves as lead faculty and subject matter expert in stress management for the *Foundations of Lifestyle Medicine Board Review Manual*, Chief Wellness Office for Women in Medicine®, hosts the StressFreeMD Podcast, is a Western Carolina Medical Society Healthy Healer Partner, and co-founder of REVIVE! Lifestyle Medicine Well-Being Coaching & Retreats.

She whole-heartedly believes “age is not a cage” and is deeply passionate about successfully guiding others to become the best versions of themselves and live their healthiest, happiest, most fulfilling lives!