

Teladoc Health™ Webinar

Teladoc Health is holding its third of five webinars, *Lifestyle Medicine Paving the Path to Wellness*, hosted by Dr. Tim Foggin and Dr. Beth Frates on **Wednesday, March 23 at 1:00 pm CT**. In this free webinar, attendees will learn perspectives on the return to normal, and strategies to cope with stress; be shown concrete examples of how small changes can improve their overall health and well-being; and explore the latest evidence regarding lifestyle factors. [Register here](#) for this exciting discussion.

