



PRESS RELEASE

SOUTH FLORIDA  PBS

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## August Brings Compelling Lineup to the Health Channel

This August, the [Health Channel](#) is thrilled to announce the return of "Ask the Doc: No Appointment Needed" for its highly anticipated second season. We are excited to feature Dr. Rachna Buxani-Mirpuri, a Licensed Mental Health Counselor at Buxani Counseling Care, who will bring her expertise in mental health to the show. Dr. Buxani-Mirpuri will address a range of mental health topics, providing viewers with valuable insights and advice.

In season one, "[Ask the Doc: No Appointment Needed](#)" covered a variety of important health topics, including heart disease, diabetes management, and cancer prevention. The show's interactive format allowed viewers to get their pressing health questions answered directly by medical experts, making complex medical information accessible and understandable.

Season two promises to dive deeper into the crucial subject of mental health. Viewers can look forward to episodes focusing on stress management, anxiety, depression, and the impact of mental health on overall well-being. Dr. Buxani-Mirpuri's approach and extensive knowledge will make this season an invaluable resource for anyone seeking to improve their mental health and quality of life.

Also this August, join us for a special [Instagram Live](#) on August 30th at 4 PM with Chef Dulce Jimenez, a renowned Personal Chef and Health Coach. Chef Jimenez will share her expertise on Plant Forward Cooking, offering tips and recipes for incorporating more plant-based meals into your diet.

Don't miss ***Your Health, Your Voice: An Affordable Care Act Town Hall*** on Thursday, August 15th at 7 PM on the Health Channel. The Affordable Care Act provides medical insurance plans for individuals and families across the United States. Despite its availability, many people struggle to find the best health plan to meet their needs. In this Town Hall, experts will offer resources and guidance to help you find the ideal coverage at an affordable price. Watch live or stream at [AllHealthTV.com/TownHall](https://AllHealthTV.com/TownHall) and AllHealthGo's [YouTube](#) and [Facebook](#) pages.

For more information about these programs and to see what else is in store, visit [AllHealthTV.com](http://AllHealthTV.com).

**About the Health Channel:**

AllHealthGo is South Florida PBS' exciting new digital health media venture that is building a trusted source of health and wellness information for consumers hungry for information and understanding. Through AllHealthGo's Health Channel, the only 24/7 health and wellness TV channel in the country, we connect you with medical and well-being specialists in real-time, promoting healthier lifestyle options. In partnership with prestigious organizations, the service aims to empower you with the most up-to-date information, enabling you to take more control of your and your family's health. To complement the live interactions with medical and well-being specialists, AllHealthGo offers a robust companion digital platform that provides access to specialized services.

**CONTACT:**

Anabel Moncada  
Health Channel Marketing Specialist  
[amoncada@southfloridpbs.org](mailto:amoncada@southfloridpbs.org)  
(305) 424-4009