



## WELLNESS KEYNOTE, BREAKOUT OR LUNCH & LEARN

### TAKE CARE OF YOU AND YOUR WELL-BEING --- WITHOUT THE OVERWHELM

Many of us are so busy with work and family responsibilities that taking care of ourselves falls to the bottom of our "to do" list. The result: We're zapped of energy, our mind is racing, we can't sleep and awake exhausted. We want to sit less and move more but there's no time to fit exercise into busy workdays. Everyone's talking about mindfulness and meditation but they have no clue how to practice it to help focus and de-stress. There's so much information and misinformation out there, especially about diets and healthy eating. It's overwhelming. And the hardest part: Getting started.

Join Dr. Kim as she walks through how we can put ourselves and our health first in order to create a more resilient and revitalized life.

In this webinar, participants will:

- Learn tips to practice and prioritize self-care
- Discover how to manage and balance energy - not time - to achieve high-level wellness
- Kick-start healthy habits to boost immunity and vitality with Dr. Kim's **Eat, Sleep, Move, Breathe** approach to self-care.

A highly interactive session that guarantees to get participants out of their chairs and moving with yoga, desk exercises and a mindfulness practice. Participants will leave with self-care tips and resources that they can quickly and easily integrate into their busy workdays and everyday lives.

**A SELF-CARE SURVIVAL KIT** is included as a takeaway gift for attendees.

## Dr. Kim (Kim Bercovitz, Ph.D.)

**Dr. Kim Bercovitz** is a health behavior scientist and health/life coach on a mission to make wellness easy and accessible, using her talk as a "teachable moment" to make this happen.

With her **EAT/SLEEP/MOVE/BREATHE** approach to self-care, Dr. Kim created **Byte-Size Wellness Academy**, an online portal equipped with video-delivered mini-courses, mind-body micro-breaks and downloadable resources to help participants take charge of their mental and physical health and make self-care a lifelong habit.

Dr. Kim has a Ph.D. in Community Health from the University of Toronto where she was an adjunct professor and is a former National Cancer Institute of Canada postdoctoral fellow. She worked at renowned hospitals, consulted to pharmaceutical companies and health organizations, and taught chronic disease exercise classes. Her byte-size wellness approach is the culmination of a 30+ year career in health/exercise promotion, disease management, aging, addictions and tobacco control.

Dr. Kim embodies wellness: **yogi** (200-hour Yoga Alliance Registered Yoga Teacher), **mindfulness maven** (trained in Jon Kabat-Zinn's Mindfulness-Based Stress Reduction and Kristen Neff's Mindful Self-Compassion), **dance diva** (salsa, west coast swing), **exercise enthusiast and instructor** (pole walking, bone fitness, diabetes, chronic disease & older adult exercise). A Jay Shetty **Certified Life Coach**, Dr. Kim is now adding group and one-on-one coaching into the mix!