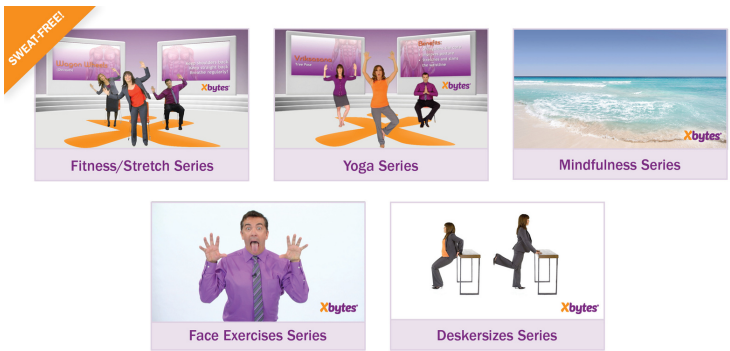
byte-size WELLNESS® ACADEMY
WITH DR. KIM

ONLINE WELLNESS SELF-COACHING PROGRAM - MADE QUICK & EASY!

VIDEO MIND-BODY MICRO-BREAKS



BECOME A SELF-CARE SUPERSTAR

5-MINUTE VIDEO BREAKS: featuring Stretch, Face & Desk Exercises, Yoga, Mindfulness & Breathing Practices

MICRO-LEARNING PROGRAM: 5-minute video lessons and worksheets about self-care, healthy eating and sleep hygiene; wellness resource center

TELL ME MORE ABOUT BSWA!

CLICK HERE

TO JOIN BYTE-SIZE WELLNESS ACADEMY NOW!

...and there's more!!

ACTIONABLE DOWNLOADABLE RESOURCES

SELF-CARE TIP SHEETS

Healthy eating, yoga, breath work, desk and travel exercises

STARTER KITS & GUIDES

Curated resources to help you make healthy choices, balance and manage **energy** - at work and in your busy everyday life - a must for figuring out **life after lockdown**.

CERTIFICATES OF COMPLETION

8 beautifully designed certificates issued upon completion of each of the modules and mini-courses.

GAMEBOARDS / ROADMAPS

Helps you navigate through Byte-Size Wellness Academy and create your own virtual wellness experience.

www.DrKimTV.com | BYTE-SIZE WELLNESS ACADEMY | Kim@DrKimTV.com | 1-855-55DrKim

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