

COACH YOURSELF TO BETTER HEALTH - COVID-19 AND BEYOND

Adjusting to our changing work environment has been stressful during COVID-19. Daily routines are disrupted, work-family-leisure boundaries are blurred, and it's even harder to stick to healthy habits. Many people find they are spending their time supporting others at the expense of taking care of themselves.

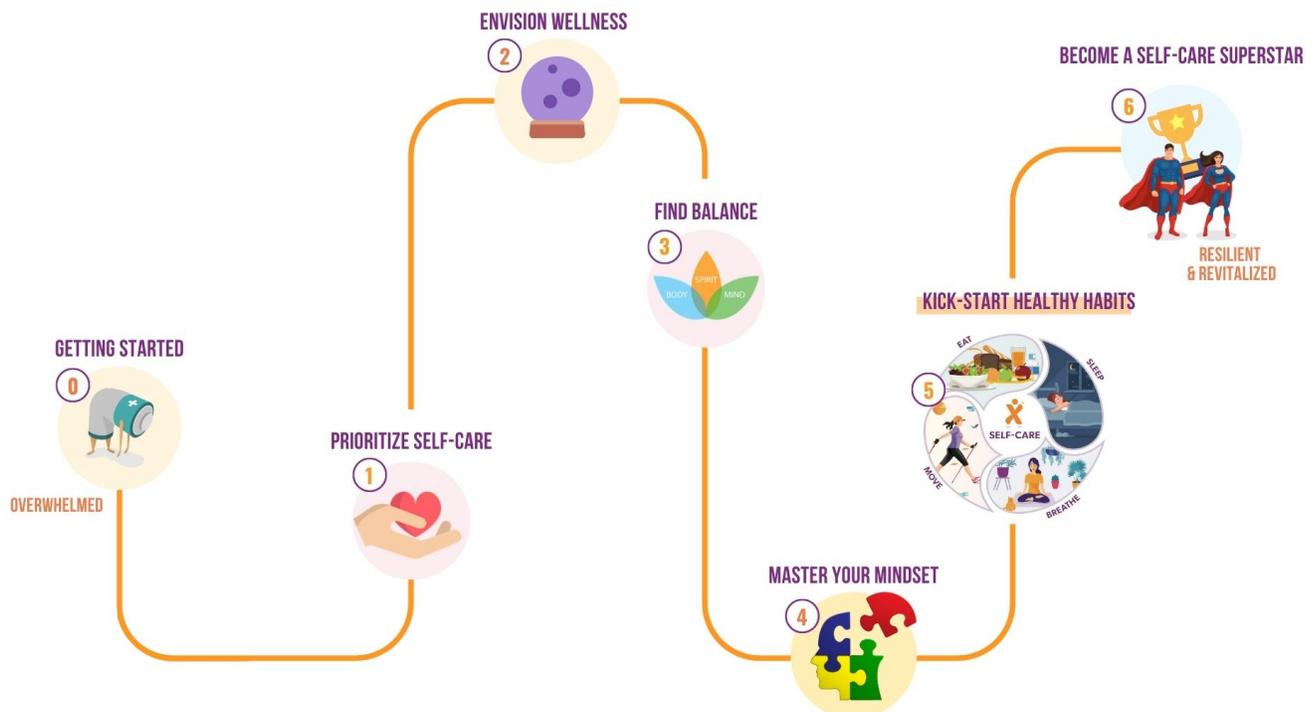
Join Dr. Kim as she walks through how we can put ourselves and our health first in order to create a more resilient and revitalized life.

In this free, one-hour webinar, you 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 during COVID-19 and beyond.

Participants will leave the webinar feeling inspired to get "unstuck" from pandemic stress and overwhelm and started on their journey to high-level wellness.

A 14-page COVID-19 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 change expert who demystifies wellness and makes it **easy** for people to fit self-care into their busy everyday lives - one micro-step at a time.

Dr. Kim is the founder/creator of **Byte-Size Wellness Academy** (BSWA) - an evidence-based program that includes 5-minute wellness challenges, video micro-breaks and micro-learning to help busy people kick-start and maintain lifelong healthy habits.

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 Toronto teaching hospitals, consulted to pharmaceutical companies and health organizations, and taught chronic disease exercise classes. BSWA is the culmination of her 30-year research career in health and exercise promotion, disease management, addictions and tobacco control.

Outside of academia, Dr. Kim is a 200-hour Yoga Alliance accredited yoga instructor, American College of Sports Medicine accredited pole walking instructor, BoneFit trained (Osteoporosis Canada), and trained in diabetes and older adult exercise, wellness coaching, and mindfulness-based stress reduction.



Dr. Kim is a SHRM (Society for Human Resources Management) Recertification Provider and EIC (Events Industry Council) Preferred Provider. BSWA has been approved by both organizations to offer professional development and continuing education credits.

