

byte-size **WELLNESS**TM

with Dr. Kim

COACH YOURSELF TO BETTER HEALTH - COVID-19 AND BEYOND

Adjusting to a 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.

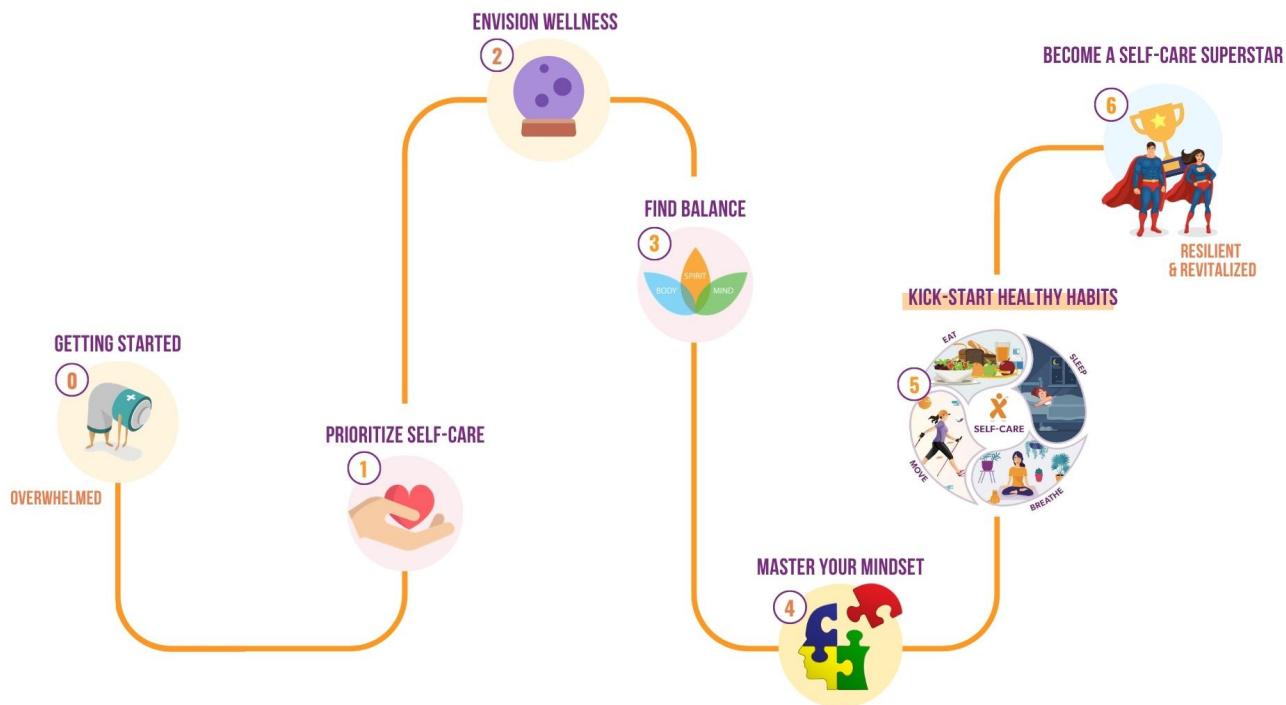
Join Dr. Kim as she walks through how to put yourself and your health first in order to create a more resilient and revitalized life.

In this one-hour breakout, 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 during COVID-19 and beyond

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

A 17-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 on a mission to make wellness easy and accessible, using the virtual event as a “teachable moment” to make this happen.

With her EAT/SLEEP/MOVE/BREATHE approach to self-care, Dr. Kim created a **Virtual Wellness Lounge** to help meeting participants be in the best frame of mind and body for virtual and hybrid events. The Lounge is equipped with a video micro-break library; video lessons and worksheets about self-care, healthy eating and sleep hygiene; and a wellness resource center.

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. Her byte-size wellness approach 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.

