

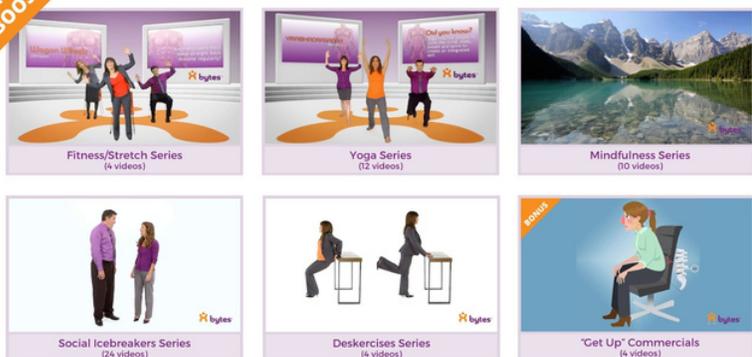
byte-size WELLNESS ACADEMY

VIRTUAL WELLNESS LOUNGE

INFUSE YOUR VIRTUAL EVENTS WITH ENERGY AND ENGAGEMENT!

ENERGY BOOSTERS

VIDEO MICRO-BREAK LIBRARY



BECOME A SELF-CARE SUPERSTAR



5-MINUTE VIDEO BREAKS: featuring Stretch, Deskercises, Office Yoga, Mindfulness Practices, Social Icebreakers and "Get Up & Move" Commercials.

BYTE-SIZE WELLNESS ACADEMY: 5-minute video lessons and worksheets about self-care, healthy eating and sleep hygiene; wellness resource center

CLICK HERE 

BOOK YOUR FREE VIRTUAL WELLNESS CONSULT NOW!

...and there's more!! VIRTUAL SWAG BAG CONTENTS



HEALTHY LIFESTYLE TIP SHEETS



STARTER KITS & GUIDES
Curated resources to help participants make healthy choices and keep a balanced life - during the virtual event, COVID-19 and beyond.



DIGITAL VIP PASS
Custom branded virtual ticket with login link.



GAMEBOARDS / ROADMAPS
Helps participants navigate through the Virtual Wellness Lounge and create their own virtual wellness experience.

FEATURES AND BENEFITS

FOR MEETING PROFESSIONALS: TURNKEY PROGRAM

- ✓ **Brief** - can be easily inserted into any meeting or conference program.
- ✓ **Convenient** - content can be fully integrated into the conference platform or housed inside our Virtual Wellness Lounge platform - just one click away!
- ✓ **Flexible delivery** - pre-recorded videos can be broadcasted to attendees during or between breakout sessions and before/after keynotes sessions.
- ✓ **Self-guided** - easy-to-follow, no live streaming instructor required.
- ✓ **Energizing breaks** - combat sitting fatigue and learning fatigue ("Zoom fatigue")
- ✓ **Attendee focused** - wellness and self-care content to help attendees be in the best frame of mind and body before, during and after the virtual or hybrid event.
- ✓ **Done-for-you program** - all videos, digital resources, login credentials and virtual platform provided to create a seamless, memorable user experience.

The license to the Virtual Wellness Lounge is valid for a single event and provides unlimited use of the video library and downloads of information resources. (Opportunity for company's to license Virtual Wellness Lounge before and after the event too.)

Attendees can also access the Lounge on their own time. The login credentials can be included in the conference app and/or website and attendees can click and go!

FOR PARTICIPANTS: SELF-GUIDED PROGRAM

- ✓ The program is self-paced, easy-to-follow and sweat-free. Participants exercise in their virtual conference attire; no need to shower afterwards.
- ✓ Participants can drop into the Lounge as often as they wish during the event to create their own virtual wellness experience following Dr. Kim's "**Eat, Sleep, Move, Breathe**" approach to self-care.
- ✓ No technical set up is needed. Bookmark the page for quick and easy access.
- ✓ All content is delivered in short, digestible bytes. Easy to consume between breakout sessions to calm the mind, reset, refocus and revitalize.
- ✓ The Lounge provides all the resources and support to reduce "Zoom" butt & brain burnout, kick-start self-care and make it a lifelong habit.