

COULD YOUR PLACE OF WORK BENEFIT FROM A HEALTH WEBINAR?

Dr. Nathalie Beauchamp shares clever ways to help companies empower and support their employees in today's changing work environments.

Globally things have changed with regards to how, when and where we work.

Employees have found themselves working from makeshift home offices or working at dining room tables with less than ergonomically correct set-ups.

In addition, employees are working around caring for their children. It stands to reason that over time this is going to affect staff physically, emotionally, and possibly mentally, but what can they do?

Given the fact that most employees are working from home these days, **Dr. Nathalie is pleased to offer online webinars on a variety of health topics.** Employees can learn, connect with their co-workers and ask questions all from the comfort of home.



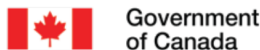
WHO IS DR. NATHALIE BEAUCHAMP?

Dr. Nathalie Beauchamp, B.Sc., D.C., IFMCP is a chiropractor with over 24 years of experience, a Certified Functional Medicine Practitioner with the IFM, an international lecturer, and Radio/TV personality. She is the author of the book *Hack Your Health Habits: Simple, Action Driven, Natural Solutions for People On The Go!* Dr. Nathalie's mission is to educate, lead and empower people to live their best lives!

WEBINAR TOPICS SUGGESTIONS

- Stress Decoded—Top Tools & Strategies to Help You Thrive and Enhance Your Health
- Home & Work Ergonomics—Game Plan For A Healthy & Efficient Office
- Nutrition—Strategies to Up Level Your Fuel Sources For Greater Health
- Vitamins & Supplements—Blueprint Basics and Beyond
- Sleep & Recovery—Tips To Optimize Your Sleep & Recharge Your Body
- Exercise & Movement—Keeping Fit & Mobile For The Health Of It
- Time for a Nutritional and Lifestyle "Detox"?
- Your Body's Defence System— Understanding How It Works and How to Keep It Strong
- Top 3 Strategies You Can Implement Now for Better Health
- Hack Your Breath—Discover How Using These Simple Steps Can Change Your Life
- Reach and Maintain Your Ideal Weight Once and for All!

SPEAKING/MEDIA EXPERIENCE



CONNECT WITH DR. NATHALIE

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Book a discovery call to assess your company's specific needs:

<https://calendly.com/drnathalie/discoverycall>