



## VIRTUAL WELLNESS KEYNOTE, BREAKOUT OR LUNCH & LEARN

### FINDING WELLNESS AND BALANCE - LIFE AFTER LOCKDOWN

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 after lockdown.

In this webinar, 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 with Dr. Kim's **Eat, Sleep, Move, Breathe** approach to self-care.

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 with self-care tips and resources that they can easily integrate into their busy workdays and everyday lives.

**A 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 scientist 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 participants be in the best frame of mind and body for meetings, work and everyday life. The Lounge has a video micro-break library; video mini-courses and worksheets about self-care, healthy eating and sleep hygiene; and a digital 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. She is currently completing the Jay Shetty Life/Success Coaching Certification program and will be adding coaching to Byte-Size Wellness Academy in early 2022.