

Just 1 Thing 4 Health

## My Health! My Priority!

12-Weeks to Wellness Program with a Whole Foods, Plant-Based Diet

*Simple Lifestyle Changes | Powerful Results*

### Kim Heger, Certified Program Facilitator



**KIM HEGER** is an experienced and highly motivated leader, an Integrative Health & Nutrition Coach, and a thriving cancer survivor committed to promoting optimal health and well-being through positive lifestyle changes. Kim's personal journey with stage III breast cancer led to a renewed focus on living a healthier lifestyle with a primary focus on whole foods & plant-based diet, managing stress with yoga, meditation, daily affirmations, and continuous education on disease prevention and inspiring others to live life to the fullest even while dealing with a chronic disease.

Kim has over 22 years of professional experience in human resources with progressive responsibility leading global teams, and cultivating strong relationships with her clients in the areas of corporate health and wellness, talent acquisition, talent development, change management, and HR Technology.

Kim is eager to share her passion for living a healthy lifestyle and empowering others to live their best lives through positive lifestyle changes. Staying healthy is a lifetime commitment and she believes supporting one another is key to success.

**The journey begins when you decide it's time. Let Kim be a mentor as you move towards being your healthiest.**

<https://hippocratesdocs.com/kim-heger>