

Welcome to LifeSpeak *Holistic Wellness*

Your complimentary holistic wellness benefit for Kingston Health Sciences Centre Employees

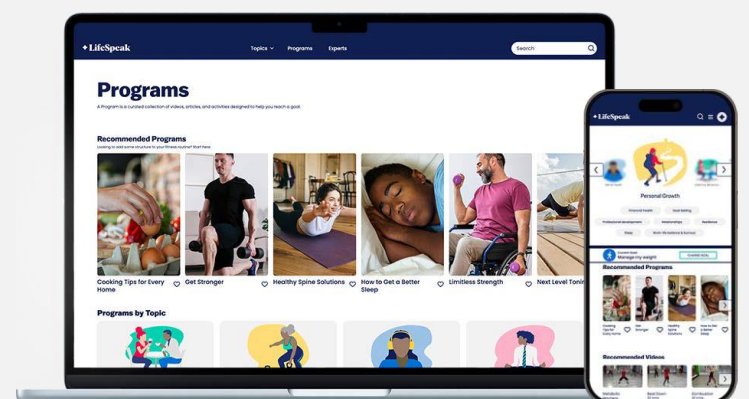
LifeSpeak is your holistic and personalized solution for mental and physical wellbeing. Access expert guidance plus thousands of on-demand fitness classes, nutrition advice, and mental health education!

What's included:

- Get ready to stay on track with 100+ goal-based programs designed to help you achieve your individual targets.
- Explore expert resources on mental health, nutrition, physical health, and personal growth, available in engaging formats like videos and articles.
- Dive into thousands of contents in multiple languages, including English and French, with subtitles in 13 languages.
- Discover the perfect content with personalized recommendations powered by AI, tailored to your goals, activities, and interests.
- Find what you need quickly with our advanced search engine. Filter by duration, age, class intensity, or category.
- Plus, you'll have the ability to invite up to five friends or family members to join and share the experience.



How to Get Started:



1

Go to portal.lifespeak.com or download the LifeSpeak Holistic Wellness app

2

Enter your username and password:
Username: Your work email address
Password: KHSC2026

