

# Welcome to LifeSpeak *Holistic* Wellness

Your complimentary holistic wellness benefit for Kingston Health Sciences Centre Employees

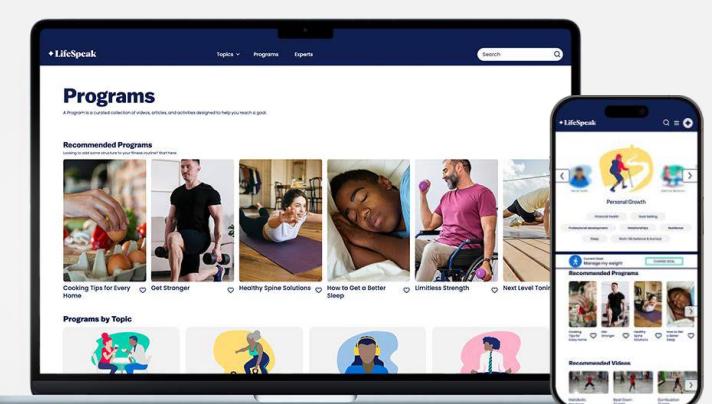
LifeSpeak is your holistic and personalized solution for mental and physical wellbeing. Access expert guidance plus thousands of on-demand fitness classes, nutrition advice, and mental health education!

## 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](https://portal.lifespeak.com) or download the LifeSpeak Holistic Wellness app

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

