



NEWS RELEASE

FOR IMMEDIATE RELEASE

## **CommuniVET™ collaborates with renowned veterinary wellness advocate to launch *Thrive!***

A new monthly feature on **CommuniVET.com** to help empower veterinary professionals to take an active role in their personal and professional wellbeing.

January 23, 2020 - As a fresh start to the new year, **CommuniVET™** is thrilled to announce partnering with **advocate for wellbeing in the veterinary profession, Marie Holowaychuk, DVM, Dipl. ACVECC, CYT** to launch ***Thrive!*** – a new monthly feature on **CommuniVET.com** and associated newsletter to help empower members of the veterinary profession to take an active role in prioritizing their personal and professional wellbeing.

**Each month, Dr. Holowaychuk and the CommuniVET™ team will provide CommuniVET™ members with practical tools, tangible takeaways and tips to help them learn to recenter, refocus and rebalance their lives and cultivate a higher level of wellness.**

"I believe that change is possible and starts from within, and I am passionate about helping veterinary professionals recognize that fostering resilience and taking small steps to improve their wellbeing on a daily basis is necessary and achievable," says Dr. Holowaychuk.

Starting this month, **CommuniVET™ members** will receive the very first ***Thrive!* newsletter**, featuring a short video of Dr. Holowaychuk introducing the topic of the month and explaining how best to apply the accompanying self-help tool. Month to month the ***Thrive!*** practical tools will include tips, insights, recommended readings, reflection pieces and much more to help veterinary professionals take steps towards improving their wellbeing, and to thrive in both their professions and personal lives.

"As **CommuniVET™** is the leading Canadian bilingual online learning and news platform that brings together more than 6500 veterinary professionals, we believe we have a strong social role to play in advocating for the wellbeing of these professionals," says Caroline Desforges, CommuniVET™ Vice-president. "With the support of our sponsors, **Royal Canin Canada** and **VCA Canada**, CommuniVET™ wants to develop tools and resources to help bring about a change that helps veterinary professionals across Canada in taking the first steps towards improved personal and professional wellbeing," she adds, highlighting the relevance of collaborating on the new monthly initiative with Calgary-based Dr. Holowaychuk – well respected across the country as a passionate advocate for wellbeing in the veterinary field.

## About Dr. Marie Holowaychuk

Dr. Holowaychuk is a specialist in small animal emergency and critical care, living in Calgary, Alberta. Professionally trained in mindfulness-based stress reduction, compassion fatigue, mental health first aid, and applied suicide intervention skills, Dr. Holowaychuk regularly facilitates wellness workshops, retreats and online wellbeing programs for veterinary care providers, and travels worldwide as a speaker and advocate.

Watch [this video](#) to learn more about **veterinary professional wellbeing advocate Marie Holowaychuk**, DVM, Dipl. ACVECC, CYT.

Under Dr. Holowaychuk's expert guidance, **CommuniVET™** members can look forward to exploring a range of fresh and insightful wellness topics each month, with the goal of helping each and every veterinary professional live by her own motto: "I want to thrive, not just survive!"

**Thrive!** is brought to CommuniVET™ members thanks to the support of Royal Canin Canada and VCA Canada.



## About CommuniVET™

Serving a community of more than 6500 members, **CommuniVET.com** was launched in 2016 to meet the ever changing needs of Canadian veterinary professionals, offering veterinarians, animal health technicians, students and other animal health professionals an exclusive online destination for continuing education, veterinary news, and clinical developments.

Membership to join CommuniVET.com is free.

CommuniVET™ is also available on Facebook, Twitter, and LinkedIn.

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