DR. BEE

SPEAKER · HEALTHY PEOPLE, HEALTHY PLANET

Talks That Connect Your People's Health to the Planet's Health



Dr. Shikha Bhattacharyya (Dr. Bee)

Licensed Pharmacist, 29 Years · PhD, Biomedical Studies · M.S., Biochemical Engineering · Founder, reTHink, Inc. · Hoosier Resilience Hero, IU Environmental Resilience Institute · Cox Conserves Hero · Author of *My Environment*

I help workplaces and campuses see how the health of their people and the health of the planet are connected, and what to do about it.

Signature Talks

Invisible Exposures

The hidden exposures in everyday products and environments, and science-backed steps to reduce them at work and at home.

Best for: lunch-and-learns, wellness conferences, campuses, women's networks

Trash Talk: For Healthy People and Healthy Planet

What really happens to the things we throw away, how waste and plastic find their way back into our food, water, and bodies, and simple ways to waste less.

Best for: Earth Month, sustainability teams and offices, community groups

Your Trash Is Revealing Your Health

Our trash cans tell a story about how we eat and live: packaging, processed food, single-use plastic, and the small changes that help both our bodies and the planet.

Best for: employee wellness days, student wellness, health and nutrition programs

Formats: keynote (45 to 60 minutes), interactive workshop (60 to 90 minutes), or lunch-and-learn, in person or virtual, tailored to your audience. For lasting change, HEALTHY™ Academy for Teams is a multi-session program built on my seven-step HEALTHY™ Method.

Has Spoken For

- Amcor, current employee wellness client
- Maple Center health fundraising event, 2026
- Indiana State University Ethics Conference, multiple years
- Indiana State University Sustainability Career Panel, 2023
- Eastern Illinois University sustainability graduate students, 2026
- Rotary Clubs
- ROOTED Woman Summit, virtual, 2026
- That's What She Said, Terre Haute, 2026
- Replay Runway sustainable fashion show, audiences of 200+
- WTHI CBS and WTWO NBC, Terre Haute

What People Say

> *"The audience was amazed by all the ways they may have been inadvertently exposed to microplastics in their daily lives. ... I would absolutely recommend Shikha as a speaker and educator for any program or company."*
>
> Shelly Stuthers, Executive Director, Maple Center, Inc.

> *"She is deeply knowledgeable, passionate about helping others, and an engaging educator."*
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> Lynn Hostetler, Owner, Lynn's Pharmacy, Brazil, Indiana

Book Dr. Bee for Your Next Event

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