

# SUPPORT MENTAL HEALTH AND WELLBEING



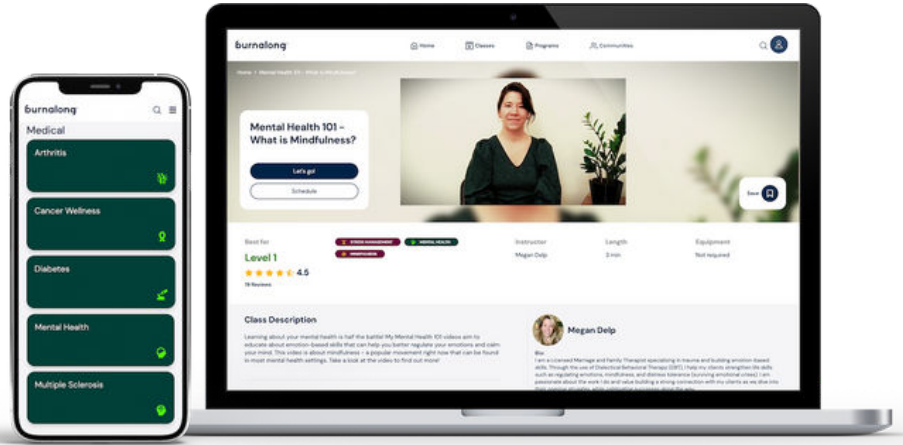
With 17,000+ live and on-demand classes taught by 2,500+ credentialed, local instructors in 50+ wellness categories we provide each member with the programming, support, and motivation they need to thrive.



**12%**  
OF OUR SPECIALTY CLASSES ARE FOR MENTAL HEALTH

**140+**  
INSTRUCTORS TEACHING MENTAL HEALTH CLASSES

**4**  
FAMILY ACCOUNTS PER MEMBER TO SHARE WITH FAMILY & FRIENDS



## WHAT IS INCLUDED IN MENTAL HEALTH CLASSES?

Wellness originates in the mind. Understand stress management, prioritize mental wellbeing, and help members feel in control of their wellness with classes taught by board-certified psychologists, mental health professionals, therapists, and social workers. Your members can connect on Burnalong with relatable, highly-empathetic mental health professionals whose priority is mental health and wellbeing.

## SUPPORT HOLISTIC HEALTH FOR EVERY MEMBER

39 percent of the all classes taken on Burnalong's platform are in specialty categories including emotional support, chronic condition management, financial wellbeing, cancer wellness, adaptive workouts, and senior fitness.

With hundreds of classes added everyday, your members will find the diversity of content to support their unique goals, local instructors they can connect with, social motivation with live and group classes, and inclusive challenges everyone can compete in, together.