

burnalong

Coming to you live in April!

Escape the digital grind and reconnect with nature through April's invigorating events. Join us in fostering a healthier lifestyle by embracing outdoor activities and reducing screen time, unlocking the benefits of a more balanced and mindful approach to wellness.



APRIL

4

@ 12:00 PM ET

Mastering screen time

Take the first step toward a more balanced use of technology. Learn practical scrolling substitutes and embrace mindfulness in your daily routines. Discover how to cut down screen time and use technology with intention, regaining control of your digital life.



APRIL

10

@ 12:00 PM ET

Declutter and spring clean your health and wellness

Start your Spring with a clean slate and a rejuvenated spirit! As the seasons change, it's the perfect time to refresh your surroundings. Learn to let go of the old and make room for the new, both physically and digitally.



APRIL

18

@ 12:00 PM ET

Finding the benefits of nature wherever you are

We've got practical ideas to help you infuse more outdoor time into your daily life for increased wellness. Become a tourist in your backyard as we uncover the hidden gems and nature-focused experiences that suburbia has to offer.

