

burnalong

Coming to you live in February!

We recognize the importance of meaningful connections, and our February events are dedicated to cultivating these valuable relationships. Join us as we embark on a journey to strengthen the bonds that connect us, fostering a sense of community and wellbeing.



FEB

8

@ 12:00 PM ET

Creating community in wellness

Join us for an interactive discussion on creating supportive, meaningful relationships within your wellness network. Gain insights and tips from experts to foster deep connections in gyms, virtual platforms, and even within workplace environments.



FEB

21

@ 12:00 PM ET

The secrets to a healthier heart

Discover the secrets to a healthier heart. Our experts will provide in-depth education, share valuable tips, and reveal practical tricks you can easily implement for positive changes in your life. Take the first step towards a heart-healthy future!



FEB

29

@ 12:00 PM ET

Building resilient relationships

Explore how to effectively deal with challenges, setbacks, and stressors that often arise in personal and professional connections. Learn strategies for building and maintaining strong, resilient relationships and techniques for: conflict resolution, effective communication, and strengthening emotional bonds.

