

# Burnalong's Health Enhancement Program

YOUR GUIDE TO SPINE HEALTH



## LOW BACK PAIN EDUCATION: A PROGRAM FOR SPINE HEALTH

### Why our program is beneficial to you:

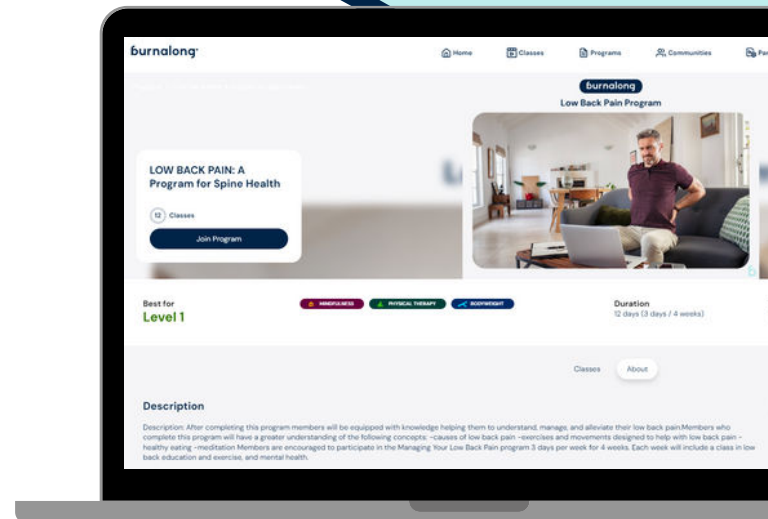
- cost-effective
- reduces the need of becoming medication dependent
- prevention of pain and injury recurrences

### How our program helps your people:

- improves functionality to perform daily tasks
- increases mobility and better posture
- increased sense of control over condition

### Employees that participate are more likely to:

- reduce pain, prevent injury, increase confidence to execute daily activities
- increase self management strategies and take on an empowering role in their health



Burnalong features over 50,000 classes led by 7,500 experienced instructors across various categories such as cardio, mindfulness, chronic condition self-management, financial wellness, and more.

**Interested in discovering how our low back pain program can benefit your population?**

**Contact us at**

**[info@burnalong.com](mailto:info@burnalong.com)**