



GEORGE MASON UNIVERSITY USE CASE

At A Glance

Exceptional Partnership

Enrollment rate is 99.7%, well above the industry average of 30%



Neighborhood Approach

51.7% of users enrolled, self-identified as "beginners"



Staff Loves the Classes

4.9 out of 5 stars with 1,500+ reviews



"The partnership between Burnalong and Mason represents a pioneering effort to prioritize health and wellbeing within the university community. For many years Mason has worked to become a leader in campus wellbeing.



Mason was the first university campus to adopt Burnalong as an option to support student and employee Well-Being. This collaboration has helped individuals access content whenever and wherever they need to. Mason prides itself on providing access in a variety of ways and Burnalong plays a part in that effort."

Lewis E. Forrest, II, M.Ed George Mason University
Associate Dean / University Life



"I have appreciated using the Burnalong platform to track wellness activities and I have also enjoyed the videos, especially ones about desk stretches and mindfulness. I appreciate that Burnalong sends emails reminding me to take care of myself. It's wonderful that the GMU community can access this for free!"

GMU Employee