

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <u>Healthy Snacking</u> ❤️ Snack, Educational ⌚ 31 min	1 <u>Sleep Education</u> ❤️ Sleep ⌚ 1 min	2 <u>Chair Yoga</u> ❤️ Yoga ⌚ 12 min	3 <u>Nutrition</u> ❤️ Nutrition, Brain Health ⌚ 11 min	4 📺 <u>User Event</u> 12 PM EST	5 <u>Ergonomics</u> ❤️ Educational ⌚ 18 min	6 <u>Total Body</u> ❤️ Strength, Cardio ⌚ 15 min
7 <u>Financial Wellness</u> ❤️ Educational, Tips ⌚ 8 min	8 <u>Grounding</u> ❤️ Mindfulness ⌚ 3 min	9 <u>Yoga</u> ❤️ Yoga ⌚ 21 min	10 <u>Nutrition</u> ❤️ Educational ⌚ 2 min	11 <u>HIIT & Strength</u> ❤️ Cardio, Strength ⌚ 18 min	12 <u>Heart Health</u> ❤️ Cardiopulmonary ⌚ 7 min	13 <u>Arm Workout</u> ❤️ Arms, Strength ⌚ 19 min
14 <u>Budgeting 101</u> ❤️ Financial Wellness ⌚ 5 min	15 <u>Self Acceptance</u> ❤️ Meditation ⌚ 8 min	16 <u>Yoga</u> ❤️ Yoga ⌚ 29 min	17 📺 <u>User Event</u> 12 PM EST	18 <u>Dance Fit</u> ❤️ Dance ⌚ 34 min	19 <u>Falls Prevention</u> ❤️ Educational, Seniors ⌚ 11 min	20 <u>Lower Body Burn</u> ❤️ Strength ⌚ 17 min
21 <u>Budgeting</u> ❤️ Financial Wellness ⌚ 6 min	22 <u>Meditation</u> ❤️ Meditation ⌚ 12 min	23 <u>Tropical Yoga</u> ❤️ Yoga ⌚ 8 min	24 <u>Kitchen Therapy</u> ❤️ Healthy Eating ⌚ 7 min	25 📺 <u>Burnalong Cafe</u> 12 PM EST	26 <u>Diabetes</u> ❤️ Educational ⌚ 6 min	27 <u>Strength Workout</u> ❤️ Strength ⌚ 30 min
28 <u>Financial Health</u> ❤️ Financial Wellness ⌚ 6 min	29 <u>Meditation</u> ❤️ Meditation ⌚ 7 min	30 <u>Full Body Stretch</u> ❤️ Stretch & Restore ⌚ 7 min	31 <u>Intuitive Eating</u> ❤️ Healthy Eating ⌚ 10 min			

Mental health

★ **May playlist**

This month, we've curated a playlist with daily classes to help you work towards your mental health goals. Jump in at any time!

[VIEW THE PLAYLIST](#)

6 Monthly Challenge

📅 5/1 - 5/31

Complete at least one mental health focused program on Burnalong and celebrate your commitment to mental wellness at the Winner's Circle live event!