

burnalong

Coming to you live in May!

May is Mental Health Month, raising awareness about the importance of mental health and wellbeing. We've put together some events promoting brain health, reducing stress, and finding the right therapist - all to improve mental health.



MAY 4 @ 12 PM ET



Finding the right therapist can seem like a daunting task. The right therapist is key to making progress, so taking the time to find a good match is important. Join us for guidance on finding the right therapist for you.

MAY 17 @ 12 PM ET



Managing stress is important to overall health and wellness. This is easier said than done in high-stress environments. Join us for tips on how to take control of stress levels, even in extreme pressure situations.

MAY 25 @ 12 PM ET



Brain health is crucial for overall wellbeing and quality of life. Join us to discover tools to promote brain health and reduce the risk of cognitive decline.

THRIVE TOGETHER