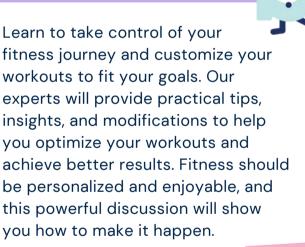
### **burnalong**

# Coming to you live in August!

This month, we are focusing on inclusive wellness. We'll share tips on how to identify your super power, adapting your workouts to work for you, and celebrating health victories that don't include stepping on a scale!



#### AUGUST 10 @ 12 PM ET



#### AUGUST 24 @ 12 PM ET

Join us in exploring the concept of non-scale victories, such as increased energy levels, improved sleep quality, and boosted self-confidence. We'll discuss practical strategies to shift our mindset towards these accomplishments and embrace a holistic approach to well-being.

## AUGUST 16 @ 12 PM ET

We will guide you on a journey of self-discovery, empowering you to embrace your unique strengths like never before. This event is designed to help you tap into your hidden potential and recognize the extraordinary qualities that set you apart. Identifying and embracing your superpower is a catalyst for personal growth and success.

#### THRIVE TOGETHER