

**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**



Learn to take control of your fitness journey and customize your workouts to fit your goals. Our experts will provide practical tips, insights, and modifications to help you optimize your workouts and achieve better results. Fitness should be personalized and enjoyable, and this powerful discussion will show you how to make it happen.

**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.



**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.

**THRIVE TOGETHER**