

**burnalong**

## Coming to you live in December!

Unlock a powerful December with Burnalong's exclusive mindset and goal-setting events! Join us this month to redefine your approach to health and wellness, and step into the New Year with renewed purpose!



**DECEMBER 13 @ 12 PM ET**



### **GRATEFUL FOR THIS YEAR, MOTIVATED FOR THE NEXT**

Let's celebrate the blessings, growth, and accomplishments of the past year while setting our sights on an exciting and inspiring 2024. Together, we'll embrace gratitude and fuel our motivation to make the upcoming year even more extraordinary!

**DECEMBER 7 @ 12 PM ET**



### **BALANCING HOLIDAY WELLNESS**

Join us as we explore how to stay healthy during the holidays without feeling restricted. Discover balanced nutrition, mindful indulgence, and self-care practices that will let you savor the festive season guilt-free. Let's celebrate the joy of wellness and make this holiday season truly special!



**THRIVE TOGETHER**