

burnalong

Coming to you live in September!

This month, it's all about family. We'll share tips on how to be healthy at any age, the benefits of having pets (because they're part of the family too!), and tips to include family into your workouts.



SEPTEMBER 20 @ 12 PM ET

Discover expert tips and insights from renowned health professionals on how to optimize your well-being at any stage of life. Don't miss this valuable opportunity to enhance your health and live your best life!



SEPTEMBER 14 @ 12 PM ET

Unlock innovative ways to make fitness a fun family affair! Our expert panelists will guide you through strategies and interactive exercises that foster a healthy and active lifestyle for the whole family. Don't miss out on this exciting opportunity to strengthen bonds while getting fit together!



SEPTEMBER 28 @ 12 PM ET

Explore the positive impact and advantages that furry companions bring into our lives. Join our esteemed panelists as they delve into the scientific evidence behind the benefits of having pets. Don't miss this captivating exploration of the profound human-animal connection!



THRIVE TOGETHER