

burnalong

Coming to you live in March!

Join this month's exciting nutrition events to embark on a holistic journey towards healthier living! Our engaging sessions will empower you to unlock a path to a balanced and fulfilling relationship with nutrition.



MARCH

7

@ 12:00 PM ET

Cultivating & cooking your own food

We'll guide you through the steps to create your very own kitchen garden, no matter how limited your space may be. We'll explore easy-to-grow plants that thrive in various living situations, from tiny apartments to suburban homes, and even balconies and windowsills.



MARCH

13

@ 12:00 PM ET

Decoding your dietary restrictions

Gain practical insights on managing your diet to accommodate allergies and food sensitivities. Empower yourself to enjoy a healthier, symptom-free life. We'll show you how to navigate the world of food choices with confidence.



MARCH

28

@ 12:00 PM ET

Savor every bite: the joy of intuitive eating

In our fast-paced, digital world, it's easy to rush through meals, hardly tasting what we eat. But what if we could transform our relationship with food, becoming more present and savoring every bite? Join us for a delightful journey into the realms of mindful and intuitive eating.

