

burnalong

Coming to you live in November!

Join Burnalong for a series of empowering events that prioritize emotional well-being and the transformative power of gratitude. Elevate your emotional health with these insightful sessions this month.



NOVEMBER 15 @ 12 PM ET

KEEPING YOUR SANITY DURING THE HOLIDAYS

Learn powerful strategies to navigate holiday stress and maintain emotional well-being. Our experts will share practical tips for self-care, managing expectations, and fostering meaningful connections. Let's create a season of joy and balance together!



NOVEMBER 9 @ 12 PM ET

THRIVING THROUGH THE HOLIDAYS

Discover nutrition ideas, travel hacks, time management suggestions, and more to prioritize your well-being during the hectic holiday season. Let's make this time of year happy, healthy, and stress-free together!



NOVEMBER 30 @ 12 PM ET

THE POWER OF GRATITUDE

We want to hear from YOU! Let's celebrate the beauty of gratitude as we invite you to share personal and professional stories of thanks. We'll come together to inspire and uplift each other through the incredible force of appreciation and positivity.



THRIVE TOGETHER