

burnalong

Coming to you live in October!

Join us this month as we celebrate the power of community and its profound impact on our well-being. Discover how coming together can create a supportive environment for positive change, fostering connections that uplift us all.



OCTOBER 18 @ 12 PM ET

POSITIVELY IMPACTING OTHERS

Learn how to make a lasting impact on your loved ones' personal health journey by offering support, encouragement, and practical strategies. Join us to create a circle of wellness, inspiring those around you to thrive and embrace a healthier lifestyle.



OCTOBER 12 @ 12 PM ET

IMPORTANCE OF COMMUNITY

Discover the incredible power of coming together, supporting one another, and fostering a sense of belonging. Let's celebrate the strength of our diverse wellness community, and its transformative impact on our health journey!



OCTOBER 26 @ 12 PM ET

ASK HEATHER AND JON

Learn what you need to achieve your health and wellness goals by asking health coaches Heather and Jon. This is an incredibly interactive session including live coaching. Bring your goals to the discussion and let's talk!



THRIVE TOGETHER