

burnalong

Coming to you live in August!

Dive into a month of empowerment with health screenings for all ages, nutrition workshops to optimize wellbeing, and mindfulness practices for graceful aging. Take charge of your health and embrace vitality with our expert-led sessions.



AUG

8

@ 12:00 PM ET

Mastering Work-Life Harmony for Lasting Well-Being

Address the challenges of balancing professional and personal life, offering strategies for setting boundaries, time management, and fostering a harmonious relationship between work and life to prevent burnout.



AUG

14

@ 12:00 PM ET

Foods That Help You Feel Your Best

Delve into the role of nutrition in proactive aging, discussing dietary strategies, superfoods, and lifestyle choices that promote longevity and support overall health.



AUG

22

@ 12:00 PM ET

Mindful Aging: Cultivating Resilience for Mental Clarity

Focus on the significance of mental health in the aging process, offering mindfulness techniques, stress management strategies, and resilience-building practices to enhance overall wellbeing.

