

burnalong

Coming to you live in September!

Join us for a month dedicated to nurturing yourself, featuring personalized self-care routines, strategies for conquering workplace stress, and achieving harmony between work and life. Take the first step towards a balanced and fulfilling lifestyle with our expert-guided sessions.



SEPT

5

@ 12:00 PM ET

Developing a Self-Care Routine that Works for You

Guide participants in creating personalized self-care routines by exploring diverse practices such as mindfulness, relaxation techniques, and time management strategies tailored to their unique needs.



SEPT

18

@ 12:00 PM ET

Practical Strategies for Managing Workplace Stress

Offer insights into stress management in a professional setting, providing practical tools, time-management tips, and effective communication strategies to alleviate workplace stress and prevent burnout.



SEPT

26

@ 12:00 PM ET

Health Screenings to Feel Great at Every Age

Explore the importance of proactive aging through a comprehensive overview of age-appropriate health screenings, regular check-ups, and preventive measures for maintaining optimal well-being as you age.

