



Healthy At Any Age Wellness Journey

September 2 – 27!

Focus on your wellness goals in the present to positively impact your future! Participate in the challenge and complete minutes each week to be entered to win **weekly prizes** from Burnalong.

Employees who take at least **60 minutes** of class time will be entered to win additional prizes from JHU.

Starting on 9/2/24 you can register for the challenge by logging into Burnalong and accepting the challenge invite on your homepage, or by clicking the profile icon and selecting "Individual Challenges" and then "Invitations".

Click below to visit our curated class suggestions:

[September 2024 playlist](#)

[Healthy Living playlist](#)



You can select from 50,000+ classes that cover all areas of wellness. No matter where you are in your wellness journey, there is something for you on Burnalong. Take classes from wherever you want, whenever you want, within the Burnalong platform!

Haven't registered yet? Scan the QR code or click to activate:



join.burnalong.com/jhu

Email customer@burnalong.com for help

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