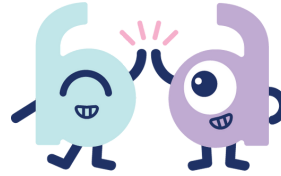




YOUR HOLIDAY THRIVE GUIDE



FOR NOVEMBER AND DECEMBER

Focus on growing and
thriving with us this season!



STAY CENTERED AND BALANCED WITH 4 BURNALONG PLAYLISTS



b-NOURISHED: Enjoy healthy takes on seasonal favorites and learn intuitive eating tips.



b-GENEROUS: Master gift-giving and save money with financial wellness tips.



b-MOVIN': Find movement practices that bring you joy.



b-GRATEFUL: Build your foundation for 2023 with gratitude and goal-setting.

