

# YOUR WELLNESS JOURNEY AWAITS




 Physical
  Mental
  Financial

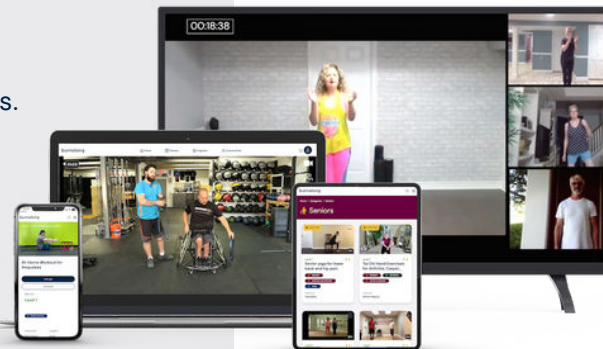
**Meet Burnalong, offering over 50,000 live and on-demand classes!**

Challenge your coworkers and invite up to 4 family members (all complimentary!) to join you on your wellness journey. There is a class to meet you wherever you may be from beginner's to advanced. Attend nutrition programs, cooking classes, learn breathing and relaxation techniques, how to manage chronic medical conditions, and more, all on Burnalong.

Register for your **FREE** account at [join.burnalong.com/JHU](https://join.burnalong.com/JHU)

## **b** THE BURNALONG SOLUTION

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**Choice and diversity**  
 Discover new wellness classes and instructors, plus personalized wellness programs, across 60+ categories.
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**Social connection**  
 Get motivation from friends and family members you invite to join in live private group classes.
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**Personalization**  
 Receive AI-powered guidance plus access anytime, anywhere - via phones, tablets, computers, & smart TVs.



### 70+ Categories:

-  Yoga
-  Arthritis
-  Diabetes
-  Mindfulness
-  Seniors
-  Sleep
-  Life Coaching
-  Travel
-  Parkinsons
-  Nutrition