

burnalong



MAY MENTAL HEALTH CHALLENGE



Celebrate Mental Health Month by learning holistic perspectives and tools from experts on all that goes into the practice of maintaining holistic health. Complete all classes in the program and be entered to win prizes that support your mind, body, and spirit.

DETAILS OF THE CHALLENGE

- Join the challenge on May 5th by logging into Burnalong, navigating to the 'Invites' section, and clicking 'Accept.'
- Take 2 classes per week from the Mental Health class category, or other categories, to be entered to win prizes each week, from May 5-31.

MENTAL HEALTH PLAYLISTS

- [May Mental Health Month](#)
- [Declutter Your Life](#)
- [Self Love](#)