



MY BURNALONG JOURNEY

Mind Your Health Challenge

May 1 – 31

Boost your mental and physical health by using Burnalong each week and be entered to win weekly prizes from Burnalong.

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

Starting on **4/15/24** 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:

[May 2024 – “Mind Your Health” 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 customercare@burnalong.com for help

burnalong®

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