



## JHU's Spring into Well-Being Challenge begins May 1st!

- 1 If you have not yet registered on Burnalong for your free account, use the QR code or link below. **You must register for Burnalong and join the May challenge in order to participate and win!**
- 2 Join the May challenge from your Burnalong home screen under the "Invites" section.
- 3 From May 1<sup>st</sup> to May 31<sup>st</sup>, log as many Burnalong class minutes as you can. The top 5 participants who log the highest number of minutes will win a prize and there will be weekly drawings for random winners out of all participants.

You can select from **thousands** of live and on-demand classes that cover 60+ categories. 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, by yourself, or with others on Burnalong!

Register using the QR Code  
or the link below!

[join.burnalong.com/jhu](https://join.burnalong.com/jhu)

**burnalong**



SCAN ME