

BE WELL TOGETHER

Fall 2023 JHU Employee Well-Being Challenge

November 1-30

DETAILS OF THE CHALLENGE:

Be healthy with co-workers, family, and friends during the month of November and be entered to win weekly prizes! Attend cooking classes, take dance classes, practice relaxation techniques, learn how to manage chronic medical conditions, and more, all on JHU's virtual wellness platform, Burnalong. You must be enrolled in your free Burnalong account to participate: <https://join.burnalong.com/jhu>

HOW TO PARTICIPATE:

Each week in November do any of the following to be entered into the weekly prize raffle:

Give a Gift

Add up to 4 sub-accounts to share with family or friends.

Get Social

Join live or on-demand classes with family, friends, and co-workers!

Get Inspired

View inspiring content from a curated Social Well-Being playlist on ways to be well together!

GET STARTED

[CLICK HERE](#) :

JOIN the SOCIAL WELL-BEING PLAYLIST; Access tutorials on how to add sub-accounts and take classes together.



healthy
AT HOPKINS



BONUS

Take 60 mins. of classes in November; you will be entered in a raffle at the end of the challenge.

JHU Healthy at Hopkins Community

[CLICK HERE](#) or on the QR code to join the JHU-Healthy at Hopkins Community on Burnalong. Share how you are being well together and get special content from Burnalong instructors. Stay connected after the challenge.



Email customercare@burnalong.com for help

burnalong®

