

burnalong TOTAL WELL-BEING Journey

Sponsored by your Employee Wellness Program

Level Up

ELEVATE YOUR TOTAL WELL-BEING STARTING JANUARY 22

New Year's resolutions are attainable and sustainable. It all starts with that initial step and has to be personal to you. Focus on the areas that are most important to you. This could be sleep, stress management, financial wellness, and so much more. Take this opportunity to use Burnalong as a resource to support you in this journey.



1 Well-rounded Well-being

Log into well.burnalong.com to begin! Click on Individual Challenges and select Total Well-being Journey.

Don't have an account? Sign up for free at join.burnalong.com/pgcounty.



2 Thousands of Ways to Complete Your Journey

Select from thousands of on-demand classes that cover all areas of well-being. No matter where you are in your well-being journey, there is something for you on Burnalong.



3 Complete 200 Min. & You Could Win \$250 or an iPad!

Complete 200 minutes during The Burnalong Total Well-being Journey to be entered into a raffle for one of five \$250 gift cards! The top 5 winners will win an iPad!



**GET STARTED BY SIGNING UP FOR
YOUR FREE BURNALONG ACCOUNT!**

join.burnalong.com/pgcounty



Angela D. Alsobrooks
County Executive