

# burnalong



## Level Up

Employee Wellness Program

OHRM  
Office of Human  
Resources Management

# The Joy is in the Journey

Join us on Wednesday, February 14th at noon

[Click here to join this session](#)

Wellness through the ages and stages looks different for everyone. But it is important for everyone to understand "what" wellness can look like throughout life. This comes from being curious and imagining the limitless possibilities. The idea of not only focusing on who we are, but who we can become. This session is designed to show that it is not about the destination. The joy is in the journey.

## THE BURNALONG SOLUTION



### Choice and Diversity

Thousands of live & on-demand classes and wellness programs so everyone finds what they need.



### Social Connection

Get motivation from friends and family members you invite to join in live private group classes.



### Personalization

Receive AI-powered guidance plus access anytime, anywhere - via phones, tablets, computers, & smart TVs.



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