



**Level Up**  
Employee Wellness Program

**OHRM**  
Office of Human Resources Management

## Your wellness journey awaits

Meet Burnalong, compliments of Prince George's County Government, offering 35,000 live and on-demand classes!



60+ CATEGORIES



Physical



Mental



Financial wellness

Challenge your coworkers and invite up to 4 family members (all complimentary!) to join you on your wellness journey. There is a class to meet you wherever you may be from beginner's to advanced. Attend nutrition programs, cooking classes, learn breathing and relaxation techniques, how to manage chronic medical conditions, and more, all on Burnalong.



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



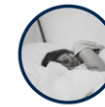
Mindfulness



Nutrition



Seniors



Sleep



Parkinsons

### THE BURNALONG SOLUTION

1

#### Choice and diversity

Discover new wellness classes and instructors, plus personalized wellness programs, across 60+ categories.

2

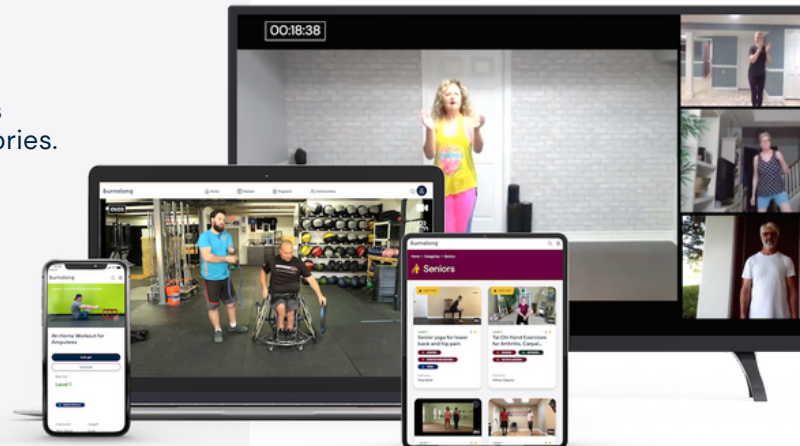
#### Social connection

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

3

#### Personalization

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



Activate your complimentary account by visiting [join.burnalong.com/pgcounty](https://join.burnalong.com/pgcounty)