



YOUR WELLNESS JOURNEY AWAITS



Meet Burnalong, compliments of Segal, offering over 50,000 live and on-demand classes!

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.

6 THE BURNALONG SOLUTION

✓ Choice and diversity

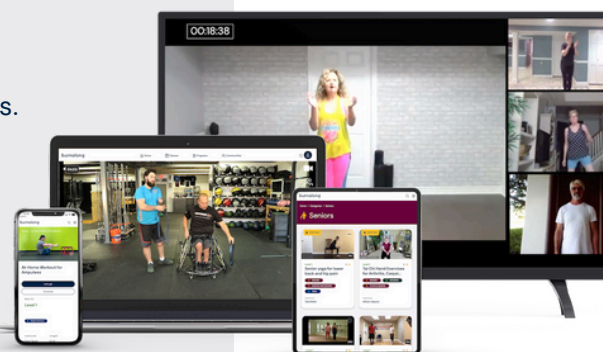
Discover new wellness classes and instructors, plus personalized wellness programs, across 60+ categories.

✓ 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.



70+ Categories:



Activate your complimentary account by scanning the QR code or visiting
join.burnalong.com/segal



For help, contact customercare@burnalong.com

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