




Your wellness journey awaits



Meet Burnalong, compliments of Sinai Chicago, offering 35,000 live and on-demand classes!

 Activate your complimentary account by visiting join.burnalong.com/sinaichicago

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



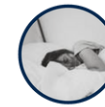
Mindfulness



Nutrition



Seniors



Sleep



Parkinsons

ADDING FAMILY AND FRIENDS

- 1 Go to your profile picture and select "Sub Accounts"
- 2 Select "Add Sub Account"
- 3 Enter the appropriate information and click "Accept"

