



EatWise Drop a Size

With Naturally
Slim!

Apply
today!

We're excited to offer you Naturally Slim – a weight loss program designed to help you lose weight, look and feel your best and live a longer and healthier life.

What is Naturally Slim?

Naturally slim is an online program that helps you change how you eat instead of what you eat. By learning new techniques about how and when you should eat, you can continue eating your favorite foods while improving your health, reducing your chance of developing serious chronic disease, and losing weight.

The program includes:

- Self-paced, online video sessions to teach you the core principles
- Frequent correspondence and guidance from a personal health counselor
- An online community to connect with other participants
- A dashboard to keep you on track with progress, tools and inspiration
- Ongoing videos available for one year to ensure skill maintenance

Enrollment is limited to 400. You'll be notified by December 11, 2020 of your acceptance.

Participation
is Free!

Enrollment Opens	October 15, 2020
Enrollment Closes	December 4, 2020
Program Starts	January 18, 2021
Program Ends	March 31, 2021

To apply visit
www.naturallyslim.com/LCPS