Join Naturally Slim and lose weight without giving up foods you love

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Do you ever wonder how some people can eat whatever they want without gaining weight? Now you can too.

Free for CU Health Plan members, Naturally Slim teaches you how to lose weight without giving up the foods you love.

What is Naturally Slim?

Naturally Slim is a digital weight-loss program that helps you lose weight by changing how you eat instead of what you eat.

This 10-week online course features support from a community of peers, access to professional counselors and ongoing education for the year after the course. Take this opportunity and learn how to eat to increase your chance at living a longer, healthier life.

Register

One class is offered quarterly and the next session starts April 15. Space is limited. Be sure to apply between March 18-29.

Apply

Benefits and Wellness, Naturally Slim

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