

Join Naturally Slim and lose weight without giving up foods you love ^[1]

March 8, 2019 by [Employee Services](#) ^[2]

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](#) ^[3] 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](#) ^[4]

[Benefits and Wellness](#) ^[5], [Naturally Slim](#) ^[6]

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