

## **Join Naturally Slim and lose weight without giving up foods you love** <sup>[1]</sup>

March 8, 2019 by [Employee Services](#) <sup>[2]</sup>

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](#) <sup>[3]</sup> 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](#) <sup>[4]</sup>

[Benefits and Wellness](#) <sup>[5]</sup>, [Naturally Slim](#) <sup>[6]</sup>

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