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

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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 [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 [5]
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[2] https://www.cu.edu/blog/work-life/author/10695 [3] https://www.becolorado.org/program/naturally-slim/
[4] https://www.becolorado.org/program/naturally-slim/#1547139515370-b05d041a-61ce
[5] https://www.cu.edu/blog/work-life/tag/benefits