

Have the best. weigh of your life.

Learn how to lose weight and improve your health while eating the foods you love.

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. The University of Texas System, Office of Employee Benefits and its Living Well program are now offering you the chance to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life – **for free**.

**Space is limited. Apply between
August 1 - 22, 2016.**

www.naturallyslim.com/LivingWell

The Naturally Slim program begins September 12, 2016.

Naturally Slim is available to UT System employees, spouses and dependents over age 18 who are UT SELECT Plan members.

natura)(y)slim®

UT Benefits
THE UNIVERSITY OF TEXAS SYSTEM

LivingWell
make it a priority