



Leave diets behind this fall.

You don't have to give up your favorite foods to lose weight and feel your best.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping 'approved' foods. Healthy County is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Space is limited.
Apply between September 2, 2019 - September 13, 2019.
www.naturallyslim.com/healthycounty

The Naturally Slim program starts September 30, 2019. Employees and spouses enrolled in the county's medical plan are eligible to apply.

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