



Love hamburgers while
losing love handles.

**Lose weight and improve your health
while eating the foods you love.**

UT Benefits is offering you, your spouse and adult dependents an opportunity to lose weight – **FOR FREE** – with an online weight-loss program called Naturally Slim. The Naturally Slim program has the secret to lasting weight loss and it does not include starving, counting calories, or eating diet food.

Join us for an informative session to learn how to eat to reduce your chance of getting a serious disease, like diabetes or heart disease, and increase your chances of living a longer, healthier life.

Naturally Slim Lunch & Learn

March 2, 2017

Founders 2nd Floor Atrium

12-1 p.m.

Presented by: Marcia Upson, RN, MS, Family Nurse Practitioner-Certified
President of Naturally Slim, Inc.

Space is limited. Register at https://utdallas.qualtrics.com/SE/?SID=SV_6rLfG6mesTyO8Qt

This program is available to UT SELECT Medical plan members age 18 and above, including employee, retirees, and dependents.

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 **UT Benefits**
THE UNIVERSITY of TEXAS SYSTEM

 **LivingWell**
make it a priority