



**SWIM
JUMP
SMILE
MEET
FEEL
TRAVEL**
is coming.

You don't have to give up your favorite foods to lose weight and look 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. The Archdiocese of Philadelphia 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.

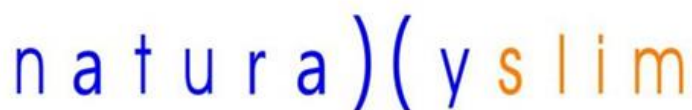
Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

**Space is limited. Apply between
May 27, 2019 - June 7, 2019.
www.naturallyslim.com/archphila**

The Naturally Slim program starts June 24, 2019.

natura)(y)slim®





Learn how to lose weight and improve your health while eating the foods you love! The Archdiocese of Philadelphia is

offering you a program to lose weight-for free- with a program called Naturally Slim!

What is Naturally Slim?

Naturally Slim is a proven technology-based program centered on the latest scientific understanding of nutrition and obesity. Designed and administered by experienced medical professionals and based on the most effective clinical weight loss programs. It is a simple online program that uses informative videos and learning tools to teach you how to lose weight and improve your health. It is available via your desktop, laptop or mobile device including apps for both iPhone and Android devices. There are no foods to buy, no points to count, no guidelines on what you can and can't eat. Sound too good to be true? The secret to Naturally Slim simply involves learning some new techniques about how and when you should eat. That's it!

How long is the program?

The Naturally Slim program is 10 weeks long, consisting of online videos each week to learn new skills. After the 10 weeks you have the option to log on for 14 weeks of NS4YOU for biweekly lessons to reinforce new habits; and NS4LIFE for up to 6 months for monthly lessons to keep the weight off.

How do I register/sign up?

Application is open from May 27-June 7, 2019. Spaces are limited so don't wait to sign up!
www.naturallyslim.com/archphila

What does it cost?

The cost to you is **FREE!**

Please visit www.naturallyslim.com/home to learn more about the program and look out for informational flyers and the application coming soon!