

Weigh Less for Life!

21 Simple Strategies To Lose Weight AND Maximize Health!

Achieve nutritional excellence and be in control of your health through this six week online program. When you join, you'll receive Dr. Ann's award winning book, *Weigh Less for Life*. You will also receive expert health tips and accountability sessions to help you accomplish your well-being goals. This is NOT a weight loss challenge, but an individually supported coaching program. For optional weigh-ins and a chance to WIN money, see details below.



Program is FREE and starts February 22nd.

Sign up on your district calendar at www.TotalHealthCampus.com.

Want to achieve even more success? Join our partner in health, Hy-Vee and Saint Luke's Cardio Wellness Center, for their spring weight loss competition. Full details when you join *Weigh Less for Life*. **Questions?** Email me at Chris.Hemmen@cigna.com.