

Eat the foods you love. Lose weight. Lower stress.

No matter what obstacles life throws your way, it's still possible to lose weight, increase your energy, and improve your mental and physical wellbeing – all while eating your favorite foods.

Healthy County has partnered with Naturally Slim® (NS) to help you improve your health at **no cost to you.**

Space is limited. Apply between January 4 - 15, 2021.

www.naturallyslim.com/healthycounty

Healthy County is offering this benefit to employees enrolled in the county's medical plan at no cost to employees.

What is NS?

NS is an online program that teaches clinically-proven healthy habits to reduce stress, improve sleep, increase energy, and achieve healthy weight loss – no restrictive diets, calorie-counting, or specialty foods required. With NS, you'll learn to change when and how you eat, not what you eat, so you can improve your physical and mental health while eating the foods you love.



BEFORE



AFTER

"I didn't want to do anything more than [what] I could do for the rest of my life. No running three miles a day or spending four days a week in the gym. This had to be a lifestyle change I could live with—which is why it was so important for me to learn how my body worked and with Naturally Slim—I did!"

– David, NS Participant

Let's talk results.

In as little as 10 weeks¹...



88% lose weight



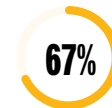
85% feel more in control of their weight



62% feel more confident



61% have more energy



67% are more physically active

Class 1

Enrollment opens Jan. 4 - 15, 2021

Program starts Feb. 1, 2021

Class 2

Enrollment opens April 4 - 16, 2021

Program starts May 3, 2021

Class 3

Enrollment opens Aug. 23 - Sept. 3, 2021

Program starts Sept. 20, 2021

Learn more and apply at www.naturalslim.com/healthycounty

Questions? Contact us at support@naturallyslim.com.