## WITH NATURALLY SLIM YOU DON'T HAVE TO GIVE UP THE GRILL THIS SUMMER

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. ARBenefits 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 April 22 - May 3, 2019. www.naturallyslim.com/ARBenefits

The Naturally Slim program starts May 20, 2019. Covered employees, spouses, dependents (18+) and non-Medicare retirees are eligible to apply.



