



Turn over a new leaf.

Learn how to lose weight and improve your health while eating the foods you love.

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. ARBenefits is now offering you the chance to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life - **at no cost to you.**

Space is limited. Apply between September 14 - 23, 2018.

www.naturallyslim.com/ARBenefits

The Naturally Slim program begins October 8, 2018.
Active employees and non-Medicare retirees are eligible to apply.

"Since starting the Naturally Slim program, I have lost over 27 pounds. Best decision I have made in a long time. Thank you so much for these life changing tools."

-ARBenefits Member

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