



Leave diets behind this fall.

You don't have to give up your favorite foods to lose weight 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. Shawnee Mission School District 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 September 2 - 13, 2019.

www.naturallyslim.com/SMSD

The Naturally Slim program starts September 30, 2019.
You must be a BlueKC plan member to be eligible for acceptance.

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