

Picture yourself feeling better

Do you need to:

- » lose weight?
- » eat better?
- » exercise more?
- » reduce stress?
- » maintain a healthy lifestyle?

If you answered yes to three or more of the five items listed above, you need to refocus on making healthy habits a part of everyday life. But here is the good news: If you're a city employee and you subscribe to a city Cigna medical plan, you have a chance to improve your health in just 10 weeks through Cigna's Picture Yourself Feeling Better program.

This class includes:

- » 2 health screenings
- » 10 weeks of onsite classes that help you understand your health risks and make healthy changes
- » Online social network



Feel better in 10 weeks.

Enroll today. Spaces are limited.

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Begins April 24, 2012

Tuesdays from 11:30 a.m. to 12:30 p.m.

1002 Washington Avenue

Basement Training Room

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Register online

www.registerformyevent.com/COH_PYFB

- » choose class and site
- » enter your information
- » confirm registration

