

Need to lose weight? Now you can.

Cigna's Weight Management: 12 week course

- » no gimmicks
- » no drugs
- » no prepackaged food to buy
- » lose up to 2 pounds a week

Learn valuable life skills that enable you to lose weight with lasting results. If you're a city employee and your subscribed to a city Cigna medical plan, you have a chance to improve your health in just 12 weeks with this course.

This class includes:

- » 12 weeks of onsite classes that help you understand your health risks and make healthy changes
- » motivating group support



12 weeks at two locations

Wednesday, April 4:

- » 2020 McKinney, 2 p.m. - 3 p.m.

Friday, April 6:

- » 611 Walker, 11 a.m. - noon, 4th floor



Register online

registerformyevent.com/Houston_HP

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

Enroll today. Spaces are limited.

www.registerformyevent.com/Houston_HP

