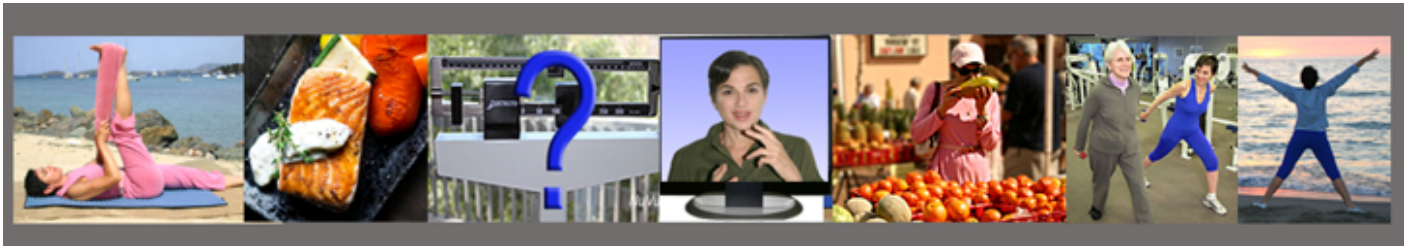


Lose to Win™

LED BY CERTIFIED HEALTH COACH MIRABAI HOLLAND



Lose to Win™ is designed to guide you through a weight management program, help you lose weight, address lifestyle factors, potential obstacles, and ways to address them, to finally keep the weight off for good! **New Addition: What you need to know about the weight loss drugs!**

Lose to Win™ is an interactive 6-week education and health coaching program with a weekly group education seminar with a live Q&A forum. Each participant will receive two personal one-on-one sessions in addition to the group education sessions. If you have already used all five sessions this year and would like to continue, there is a \$25 copay. The Health Coaching Sessions are not required to participate in the workshops but are encouraged.

Dates/Topics:

- June 10th - Ready Set Go! Overview
- June 17th - Create Your Food Program
- June 24th - Eating For Longevity
- July 1st - Supermarket Savvy
- July 8th - Stress Eating
- July 15th - Exercise Smart For Weight Loss

Time: 12pm-1pm

Location: Zoom



Registration Open Now

SCAN ME



Eligibility: Adult Members on the YourChoice Health Plan