



# Lose To Win™

## 4-Week Workshop

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!

### Details

- Lose to Win™ is an interactive 4-week education and health coaching workshop with weekly group education seminars with a live Q&A forum.
- YourChoice Medical Plan members are encouraged to pair their Give Me 5 health coaching sessions during or following this workshop.
- A certificate of completion will be awarded to all employees who complete the workshop.



#### March Workshop:

**3/5, 3/12, 3/19, 3/26**

#### May Workshop:

**5/12, 5/19, 5/26, 6/2**

#### September Workshop:

**9/3, 9/10, 9/17, 9/24**



**12 - 1pm**



**ZOOM**

Register Here



**For BOCC Employees Only:** This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.