



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.



THURSDAYS

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



TIME

12 - 1pm



ZOOM

Register Here



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