

# Finally...

**You don't have to give up the foods you love to lose weight and keep it off.**

The Naturally Slim® program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. This simple, 10-week online program helps you change how you eat instead of what you eat. Plus, it will help you reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

Eat what you love AND improve your health! FINALLY! And, the Texas A&M University System is now offering Naturally Slim to you.

Thousands of people have completed the Naturally Slim program and achieved their goals, and most importantly, kept the weight off. You can, too!

**The next class begins  
July 13, 2015 and  
participation is limited.**

To apply and learn more, visit

**[www.naturallyslim.com/TAMUS](http://www.naturallyslim.com/TAMUS)**

between June 15 - 26, 2015.



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THE TEXAS A&M  
UNIVERSITY SYSTEM