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 between June 15 - 26, 2015.