



Learn how to lose weight and improve your health while eating the foods you love.

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. The Texas A&M University System is now offering you the chance to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

**The Naturally Slim program starts
February 1, 2016.**

Apply before January 15, 2016.
www.naturallyslim.com/TAMUS

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THE TEXAS A&M
UNIVERSITY SYSTEM