

Eat your way to an easy “A”



**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. CSD Insurance Trust is now offering you and your spouse* 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.

**Space is limited. Apply between
October 2 - October 13, 2017.**

www.naturallyslim.com/CSDInsuranceTrust

The Naturally Slim program starts October 30, 2017.

*To be eligible for the program, participant must be enrolled in one of the Trust's medical plans.

natura)(y)slim®

CSD
Insurance
Serving MO Public Education Employee Benefits Since 1991
Trust

TrustWellness
An Insurance Trust Program Promoting Employee Wellbeing