

# Don't fear



## HOLIDAY CHEER.

**Learn how to lose weight and improve your health  
while eating the holiday 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 — for free.

**Space is limited. Apply between  
October 8, 2018 - October 19, 2018.**

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

The Naturally Slim program starts November 5, 2018.

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

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CSD  
Insurance  
Trust  
Serving MD Public Education Employee Benefits Since 1991

TrustWellness  
An Insurance Trust Program Promoting Employee Wellbeing