

# FIND YOUR HAPPY PLATES.

**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. You have the opportunity—at no cost to you—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.

**Visit [www.naturallyslim.com/PEBA](http://www.naturallyslim.com/PEBA) to find available classes and to apply.**

State Health Plan members, including spouses and dependents age 18 and older, are eligible to apply. Medicare-primary members are also eligible to apply.