



Don't Fall for Diet Trends

Block out the diet noise, enjoy your favorite fall party foods, and still lose weight

Why stress over losing weight before the holidays? IBEW Local 124 Health and Welfare is offering you Wondr, to help you learn science-based skills to build lasting weight loss habits today—the skills diet culture won't teach you. (Spoiler: It doesn't involve giving up your favorite fall foods.)

Space is limited.

Learn more at
wondrhealth.com/IBEW124

Apply between 8/28/2023 - 9/10/2023.

The program begins 9/25/2023.

*Restrictions and eligibility info can be found at
wondrhealth.com/IBEW124

