



# Eat your BBQ... and lose weight too.

Finally, a skills-based digital weight loss program where you can eat what you love and still lose weight—at no cost to you.\*

Harris Health is offering you a digital weight loss program that teaches the science of health and nutrition, so you can enjoy your favorite foods this grill season (and beyond) and still lose weight. No counting calories. No restrictions. No guilt.

**Apply today.**

**Learn more at  
[wondrhealth.com/harrishealth](https://wondrhealth.com/harrishealth)**

\*Restrictions and eligibility info can be found at [wondrhealth.com/harrishealth](https://wondrhealth.com/harrishealth)

