

# Ever wonder what it would be like to lose weight and have more energy?

Wondr™ is a skills-based digital weight loss program offered by Harris Health—at no cost to you\*—that has helped hundreds of thousands of people in different stages of health:

- Lose weight
- Feel their best mentally and physically
- Use practical, clinically-proven health skills that become life skills

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

Apply Today!

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

**Chaz N.**  
Education  
Coordinator

**Lost 77 lbs**  
**Gained Energy**



**BEFORE**

