

# Experience the anti-diet.

No points, counting calories,  
or restrictions.

The N.C. League of Municipalities' Health Benefits Trust (HBT) is offering you a digital weight loss program where you don't have to give up the foods you love. In fact, Wondr™ encourages you to enjoy Every. Single. Bite.



Our digital program based in behavioral science is available at **no cost\*** and will teach you the science of eating the foods you love while still losing weight. Plus, you'll have more energy, sleep better, and feel stronger, all while reducing your risk of diabetes and heart disease.

- ⊗ No diets.
- ⊗ No restrictions.
- ⊗ No points.
- ⊙ Just results.

**Apply today.**

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

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