



ARE YOU READY
TO TAKE ACTION?



DON'T WAIT UNTIL TOMORROW

SAY
N.O.W.!

NO TO OVERWEIGHT

*Are you ready
to start losing weight?*



LOMA LINDA UNIVERSITY
HEALTH SYSTEM

Say N.O.W. is an innovative program that provides you with weight management options that can ultimately be FREE! This program is provided to you by the Living Whole Employee Wellness Program in the Department of Risk Management. You will work with the Living Whole Wellness Team in the **Say N.O.W.** program to create a personalized weight management plan that meets your needs!

IF YOU ARE READY FOR A

change, IF YOU ARE

READY TO *start feeling your*
best ... JUST SAY *N.O.W.*

AND CALL US TODAY!

CONTACTS:

Living Whole Program
Department of Risk Management
101 East Redlands Blvd. San Bernardino, Ca 92408
(909) 651-4007 or ext 14007
or visit us on the VIP Page

JUST SAY N.O.W.!!
(NO TO OVERWEIGHT)