



WEBINAR

SUN'S OUT, SKILLS OUT: DITCH THE DIET MINDSET AND SAVOR THE SUMMER

Date: Thursday, July 21, 2022
Time: 1:00 PM EST/12:00 PM CST



Have a busy summer and worried about staying on track with your weight and health goals? Join Wondr Instructor and clinical psychologist, Dr. Dana Labat, as she shares simple ways to practice surprisingly powerful mind-body techniques that'll help make your vision of your healthiest self a reality.

You'll learn:

- How to stay flexible and savor summer fun while also celebrating success
- Strategies to help you stay on track all summer long
- Why staying connected to your eating skills can keep you grounded, no matter your schedule

Register today at:



do.wondrhealth.com/savorsummer

REGISTER



Wondr Health is an digital behavioral change program that teaches clinically-proven health habits that lead to less stress, better sleep, weight loss, and more - no restrictive diets, calorie-counting, or specialty foods required. With the Wondr program, you'll learn to change when and how you eat, not just what you eat, so you can improve your physical and mental wellbeing while eating the foods you love.