

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS EACH MONTH.



Get healthy with Eat Smart, Move More, Weigh Less Online! Check it out—a 15-week weight management program that works because it is not a diet—it’s a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants. Participants can conveniently attend classes from home or office using a computer.

A new 15-week series begins each month!

Click [HERE](#) to see available class times and to register for the upcoming series beginning each month.

You will not be charged the general enrollment price listed on the website.

Once you enter the coupon code from your employer, you will only be charged the \$30 completion incentive—you will receive your \$30 back at the end of the program if you meet attendance and tracking requirements.

Click [HERE](#) to see a snapshot of how the online classes are conducted.

For questions, please contact
Administrator@ESMMWeighLess.com.

REGISTER NOW