



**WEBINAR** FAST TRACK YOUR FALL:

# FIND THE SHORTCUTS FOR YOUR HEALTH GOALS

**Date:** Thursday, September 15, 2022

**Time:** 1:00 PM ET/ 12:00PM CT



No one's immune to being thrown off track when trying to get healthier. The good news? You've already got the skills to get back on track. And with a few personalized shortcuts, you can supercharge those skills to boost your weight loss efforts today. Join Wondr instructor and clinical psychologist, Dr. Kevin Gilliland, to learn how "cheating" can be your secret weapon to stop overthinking and start seeing results.

## You'll learn:

- You don't have to go back to square one with your skills – and why
- There are simple hacks to reinstate the Wondr skills that work best for you
- To find your personal "cheat codes" for getting your behaviors back on track with your goals
- Use shortcuts to stop over-thinking and start seeing weight loss results

Register today at:



[do.wondrhealth.com/fasttrack](https://do.wondrhealth.com/fasttrack)

**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.