

Our hugely popular program is back!



This holiday season,
improve your well-being to
avoid gaining those extra holiday pounds
by participating in our FREE

Holiday Trimmings Program!

What: Holiday Trimmings is an eight-week program designed to help you achieve better health and a stronger sense of well-being:

- Learn fast, effective strategies to improve your well-being during the busy holiday season.
- Receive weekly tips via email to help you embrace a healthier lifestyle.
- Stay motivated with the help of fun local activities, inspiring social media posts and delicious, easy recipes.

When: Nov. 19, 2018 to Jan. 11, 2019



Share your progress with friends and family on social media using **#HT2018**



Facebook.com/
HeartOfNewUlm



Simply register, participate and then complete the final program evaluation and your name will be entered into a drawing for \$50 in Chamber Bucks to be used at any Chamber member organization!



Register online anytime between Nov. 1 -21, 2018:

Visit www.heartofnewulm.com and choose **“Get Involved”**