

HOSPICE OF THE PIEDMONT IS OFFERING
A NEW WELLNESS INITIATIVE



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



NEW SERIES BEGINS WEEK OF APRIL 25th



REGISTER NOW

www.esmmweighless.com

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 or mobile device.

NCMS members will be required to pay \$30 completion incentive at the time of registration that is returned upon completion of the program and for meeting tracking requirements. Perfect attendance participants receive a free t-shirt.

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

Enter the coupon code: [ASONCMSHOP](#)

All participants must be covered under employer plan.

For questions, please contact administrator@esmmweighless.com.