



It's easy with free Online Group Coaching

Join this fun health program right from your computer



Eat, Drink and Be Healthy

- 6-week program
- 1 Online Group Coaching session per week
- Wednesday, July 18 – Wednesday, August 22
- 12:00-12:30pm or 1:00-1:30pm (plus time for Q&A)
- Registration Deadline: Wednesday, July 11

Register by contacting Ali Noll, PEBTF Wellness Program Coordinator, at anoll@pebtf.org or (717) 565-7216.

Open to PEBTF covered members. Employees must use their lunch period or use annual or personal leave, based on applicable labor agreement, to take part in this event if it is within their scheduled working hours.

Online Group Coaching. It's free. It's easy. And it just may change your life.