



# Expect skills, not rules.

**Learn weight loss skills based on  
behavioral science.**



**There's a reason fad diets and the rules that come with them don't work. Illinois Tech is offering a science-based digital weight loss program that teaches you lifelong skills on how to eat the foods you love, lose weight, and keep it off—at no cost to you.\***

**Space is limited.**

**Learn more at [wondrhealth.com/IIT](https://wondrhealth.com/IIT).**

Apply between January 10 & 23, 2022.

The program begins on February 7, 2022.

\*Restrictions and eligibility info can be found at [wondrhealth.com/IIT](https://wondrhealth.com/IIT).