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.
Apply between January 10 & 23, 2022.
The program begins on February 7, 2022.

*Restrictions and eligibility info can be found at wondrhealth.com/IIT.