



Tap into personalized wellness content

Real Appeal® is a healthy lifestyle and weight management program that uses small, sustainable steps to help you reach and maintain your wellness goals. Take advantage of 1:1 coaching, nutrition and activity trackers, and science-backed educational content — all **at no additional cost** as part of your benefits.

Now, dig even deeper with the Wellness Series!

Everyone's health journey is different. Sometimes, unexpected hurdles arise. Or maybe you're curious about topics not covered in the program.

Enter: The Wellness Series.

Boost your Real Appeal experience by exploring topics and attending group sessions based on subjects that interest you.

Choose from a growing list of health topics, including:



Fitness



Nutrition



Family Wellness



... and more to come!



Get the most out of Real Appeal with the Wellness Series! Learn more and register at nfp.realappeal.com

*The Wellness Series is available to members who have completed the first 4 weeks of the Real Appeal program.