



natura)(ySlim®

WHAT'S CERTAIN IN THE UNCERTAINTY

Life has a funny way of just happening. Sometimes it's great, like getting a super-close parking spot in a crowded lot or a surprise visit from a good friend. Other times, it's not so great. Like right now.

We know you're likely getting a lot of communication about the Coronavirus outbreak, so we'll keep this brief and (hopefully) helpful.

1. We're here for you.

If you have any questions or concerns—ever, but especially during this uncertain time—please reach out to us on NSTown® or at support@naturallyslim.com, and we'll do our best to help.

2. You will not experience any disruptions to your Naturally Slim program.

You can still access your videos by logging in online or [through our mobile app](#). And, as we mentioned, your health coaches are still here to answer questions and offer support.

3. Continuing the program will help you keep your mind sharp and your health improving.

But if you do need to pause your program at any point, it'll be here for you when you're ready to return!

4. We're creating resources around stress, snacking, and more.

Our team is hard at work (remotely, following CDC guidelines), creating resources to help you handle some of the challenges we all face around uncertainty and social distancing.

Finally, we want to express our deepest sympathies to all who have been personally affected by what's going on. And we want to send our strength and admiration to all the healthcare workers out there who are selflessly working to care for those in need.

We're going to get through these stressful times and bounce back stronger than before. Until then, take care of yourself, and let us know how we can help.



Log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.