

# NOOM

## Unlock a balanced holiday season: insider tips from Noom

 **THURSDAY, NOVEMBER 7TH**  
2PM-3PM ET | 11AM-12PM PT



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Coach Operations  
Program Lead at Noom



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Take a moment to focus on you before the holiday rush begins.

Join Noom for its upcoming webinar on **November 7th, 2024 at 2pm EST/11am PST** to:

- ◆ Gain tips and tricks for balance during the holidays
- ◆ Ask questions to coaches about preparing for the holidays
- ◆ Learn how Noom can support your health goals
- ◆ Take a moment to focus on you before the holiday rush begins

Plus, Noom will be **raffling off a few Noom Cookbooks** to attendees!



Scan the code to save your seat today.

If you haven't already, join Noom today at no cost to you at [go.noom.com/denso](https://go.noom.com/denso)

<https://bit.ly/3BDVWRG>