

Real Appeal is a simple, step-by-step program designed to teach healthy habits that lead to lasting weight loss.

This free program is available to all employees on the City's health plan with a body mass index of 23 or higher.

Check out one of the info sessions below to learn how to enroll and how to get the kit pictured here delivered to your house at no cost. If your location is not listed, contact us at 645-3892.



Location	Date	Time	Room
1881 E. 25th Ave.	1.26.17	7:30-8:00am	Training Room C
120 Marconi Ave.	2.3.17 & 2.6.17	6:30-7:00am	HQ Auditorium
120 Marconi Ave.	2.3.17 & 2.6.17	7:30-8:00am	HQ Auditorium
120 Marconi Ave.	2.3.17 & 2.6.17	3:00-3:30pm	HQ Auditorium
240 Parsons Ave.	2.9.17	12:00-12:30pm	Auditorium
3675 Parsons Ave.	2.9.17	1:30-2:00pm	Administration Bureau Conference Room
1250 Fairwood Ave.	2.9.17	3:00-3:30pm	Basement Conference Room
COAAA	2.16.17	10:00-10:30am	Training Room 1097
757 Carolyn Ave.	2.22.17	8:00-8:30am	Hearing Room
375 S. High St.	2.23.17	1:00-1:30pm	18th Floor Common Area
1111 E. Broad St.	2.24.17	9:30-10:00am	Citywide Training Room 9
Beacon Building	2.24.17	1:00-1:30pm	Basement Conference Room
77 N. Front St.	2.28.17	12:30-1:00pm	Columbus STAT room
Jackson Pike WTP	3.2.17	1:15-1:45pm	Conference Room
City Hall	3.9.17	11:30am-12:00pm	Room 418

Registration is not required to attend an information session

Can't make an info session?
Visit www.columbus.gov/HealthyColumbus for details
and registration information