



Your future

so  
sodexo

## The iCanChange program offers you the support you need to stop dieting and make the long-lasting changes you want.

Do you struggle with your weight? If you're tired of dieting without success, the Sodexo LifeWorks iCanChange program can make a real difference. iCanChange is a health coaching program designed to help you make long-term lifestyle changes so you can manage your weight and live a healthier life.

When you sign up for health coaching, you'll work with your own personal health coach over the phone or by e-mail. You'll receive the iCanChange toolkit, which includes a workbook, a pedometer to track your activity, a tape measure to mark your progress and a refrigerator magnet. And you'll work at your own pace—there are no meetings, no weigh-ins, and no deadlines. iCanChange is brought to you free by your company and it's completely confidential.

### iCanQuit iCanRelax iCanChange

Find out how the iCan Health Coaching program can help you. Call 888-267-8126 to speak with a health coach or visit [www.iamsodexo.com](http://www.iamsodexo.com) > LifeWorks.

Para información sobre este programa en español, llame al 888-732-9020.



**sodexo**  
Making every day a better day