

A GREAT WAY TO LOSE WEIGHT.

A GREAT DAY TO START.

FLEXIBLE SOLUTIONS TO HELP YOU REACH YOUR WEIGHT-LOSS GOALS.



WEIGHT WATCHERS MEETINGS WITH MONTHLY PASS*

- > Guidance from a leader and support from people like you
 - > Convenience to attend At Work meetings** and unlimited local meetings
 - > Free eTools, the Internet companion to meetings
 - > Automatically renews each month
- Available in participating areas only.*

WEIGHT WATCHERS ONLINE†

- > Follow the plan at your own pace anytime, anywhere
- > Tailored sites that serve the unique needs of men and women
- > Automatically renews each month



Learn more.

Weight Watchers at Work Informational Meeting

Wednesday, February 15th 2:15pm Room 213A

For more information contact: Deb Pence 694-5481 or dpence@icc.edu

Sign up at: wellness.weightwatchers.com

Company ID: 11865 Passcode: WW11865



* Monthly payment is required in advance. You will automatically be charged each month in accordance with your company pricing until you cancel. Monthly Pass is sold in participating areas only; may not be accepted for local community meetings and/or At Work meetings in all areas.

** Available only in participating areas in the U.S. Minimum enrollment required to start an At Work meeting, minimum attendance required to maintain the At Work meeting.

† You will be automatically charged each month for your Weight Watchers Online subscription in accordance with your company's pricing until you cancel.

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