



weightwatchers  
reimagined



## Why join WW? Because it works.

We've helped millions lose weight for decades with the latest nutritional and behavior change science, and our evolution helps us serve our mission to become the world's partner in wellness.

You'll see innovation in everything we do. Start with our updated and easy-to-use app, filled with exclusive content from our partners. Our newest and easiest plans will help you reach your goals in a personal and supportive atmosphere. And our popular rewards program, **WellnessWins™**, recognizes your healthy habits with "Wins" you can redeem for products and services. They're all included with membership.

### Sign up for WW (Weight Watchers® Reimagined) and get access to these great features:

- 1 Our **flexible membership plans** meet you where you are and let you choose the option that works best for your life, with convenient Workshop locations and our Digital tools.
- 2 **Connect**, our members-only social platform, makes you part of our super-supportive and safe online community.
- 3 **More than 5,000 delicious recipes, restaurant items, and barcode-scannable foods are at your fingertips in our database.**
- 4 Our partner **Headspace®**, a global leader in mindfulness and meditation, delivers curated content to our app.
- 5 We've also included on-demand audio fitness instruction, led by our partner **Aaptiv's** expert personal trainers.



City of Richmond Wellness

## Join WW today!

**12- Week Workshop Series:** Qualify for a discounted price of \$156 per person, which comes to \$13.00 per week. Attendance is required on January 15<sup>th</sup> to qualify!

**Payment options:** Cash, Check (made payable to WW), Credit Card or Split Payment (3 checks submitted for \$52.00 each and WW deposits one per month)

**Location:** City Hall: 900 East Broad Street, 9<sup>th</sup> floor Training Room

**Date:** Wednesday, January 15<sup>th</sup>

**Time:** 11:15 a.m. – Noon

**Contact for more info:** Christina Higgs at (804) 646-4705

Please note: WW Workshops available in participating areas only. Minimum enrollment required to start WW Workshops in the workplace.

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## Wellness that Works.™