

Weight loss that works with you



I'm setting an example for my family.
I am showing them what it looks like
to be the best person I can be.

Maegan - 35, Huntington, NY

Lost 47.8 lbs*

*People following the Weight Watchers plan can expect to lose 1-2 lbs per wk. Maegan lost weight on prior program and is continuing on WW Freestyle.



No matter where you are—home, work, or out with friends—success is possible with **Weight Watchers®**. Whether through meetings or completely online,** our new **WW Freestyle™** program gives you more freedom and flexibility than ever before.

Get support and inspiration wherever you go with:

- ✓ Guidance from a trained Leader who has been successful on the program
- ✓ Convenient meeting locations and 24/7 Expert Chat
- ✓ Digital and mobile tools** to make tracking easier
- ✓ Personalized food and fitness recommendations
- ✓ A WW members-only social media community, Connect

ALL-NEW!



Be bold. Start your Weight Watchers journey today. #WWWorksWithMe

Weight Watchers @ Work on the MCV Campus

TUESDAYS in SANGER HALL

first floor conference room #1-038

11—11:15 a.m. • members' confidential weigh-in

11:15—11:45 a.m. • meeting & discussion

Benefits eligible VCUHS employees can get 50% off membership fees by using VCUHS' Employer codes when registering. For details, see the Weight Watchers page on the **HR4U Solution Center** website at www.HR4U.vcuhealth.org.

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

**Digital tools and apps available only with subscription products. Apps available for iOS and Android devices.

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