



weightwatchers

Ready for a mid-year resolution?

Say **yes** and lose the wait.

Weight Watchers® At Work meeting* benefits include:

- At Work meetings offered at your workplace
- Free access to eTools,† our Internet weight-loss companion
- Support from an experienced Leader who has lost weight with Weight Watchers
- Simple Start—a two-week starter plan to help you start losing weight right away

Begin a new chapter at our next Weight Watchers® Open House‡:

DATE: Thursdays, beginning August 21, 2014 – January 15, 2015

TIME: 11:00 AM

LOCATION: Shady Grove, 7E032-034

CONTACT: ilene Holly Burstyn at ilene.burstyn@nih.gov

Cost for 18-week session is \$186.30 (Includes free E-tools)

* At Work Meeting Series: Available in participating areas only. Pre-payment of At Work Meeting Series required and further restrictions may apply. Minimum enrollment required to start an At Work meeting

† eTools available to those who have pre-purchased an At Work Meeting Series at the start of the meeting series. Such members will get a subscription for either 14 weeks or 19 weeks of free eTools; the length of free eTools subscription is dependent on the length of the At Work Meeting Series available at your company. Free eTools subscription offer not available for local Weight Watchers meetings or online subscriptions. Your eTools subscription will automatically renew each month at standard rate (currently \$18.95, which is subject to change) per month, unless you cancel before the end of 14 weeks or 19 weeks subscription to eTools. Visit www.weightwatchers.com/cancel for instructions on how to cancel. Subscription is not transferable.

‡ Open House does not include Program Materials or weigh-in.

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