



Now recruiting for Spring class.
Contact Cookie Rosell at 7-0735.

Approximately 65% of American adults are overweight.

That number has doubled over the past 20 years.

Extra weight contributes to many preventable diseases such as heart disease, high blood pressure, diabetes and stroke.

Weight Watchers requires a commitment from 16 people to begin on-site meetings.

New Members \$123

Current Continuation/Lifetime Members \$109

Weight Watchers at Work has several programs to help busy working people like you achieve your weight loss, healthier living goals.

They teach you about how to make smart food choices, portion control, sustaining weight loss and much more!

Weight Watchers is not just counting points and calories. It's a very successful weight loss program and support system designed to help you reduce your disease risk factors, be more physically active and live a long, happy, healthy life.

