

# WEIGHT WATCHERS @ WORK PROGRAM

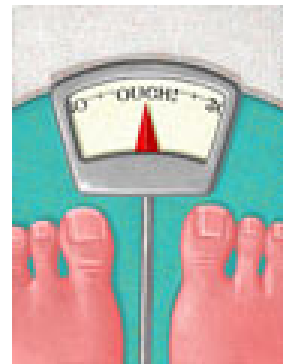
Lose that holiday weight, make 2011 the year to improve your health.

Weight Watchers has several different plans to help you achieve your weight loss goals. The programs are safe, easy to follow and meetings are conveniently located here on Kendall campus to facilitate your attendance.

**Wednesdays from 1:15-2:00pm Room G110**



- **Prepare proper serving sizes**
- **Plan healthy menus**
- **Choose healthy snacks**
- **Grocery shop the educated and informed way**
- **Learn to read food labels**
- **Exercise according to your needs**



**Weight Watchers @ Work requires a fee of \$109 for returning members and \$123 for new members for a 12-week program. *There must be a minimum of 14 people willing to commit for Weight Watchers to continue the program here.***

**Complete your efforts by renewing your commitment to exercise. The Wellness Center has been newly renovated for all Kendall Campus employees. Come in and make an appointment for an exercise program to compliment your Weight Watchers eating plan.**

For more information and to sign up, contact Cookie Rosell @ 305-237-0735.