

HERE'S ANOTHER REASON TO JOIN A 17-WEEK AT WORK MEETING SERIES*

Weight Watchers® introduces the new Momentum™ program

It's a brand new way to do Weight Watchers. And it goes at the things that have always stood between you and losing weight, like hunger, temptation or just a bad day. You'll learn to choose foods that keep you full longer, so you don't eat for the wrong reasons. Which means you can lose weight and keep it off.



Sign-up for the 17-week At Work meeting series at your workplace and get on your way to weight-loss success with Weight Watchers and the new Momentum program. Plus, your 17-week series comes with 19 weeks of free Weight Watchers eTools.**

**17 Week Savings Plan - \$186.00*
with FREE E-TOOLS!!!
No Registration Fee**

*Payment can be made by cash, check or credit card (Visa, MasterCard, Discover & American Express accepted). This is a pre-paid, non-refundable program. Split payment method may also be completed by submitting 3 upfront checks for \$62 each (deposited on weeks 1, 5, & 10).

Minimum enrollment required (20 participants). Meeting day will be determined after Open House Info Meetings. The more we have sign-up, the better chance of multiple meeting days to choose from. Meeting time each week will be 12:15-1:15.

ARE YOU INTERESTED? Attend an Open House information meeting on October 5 or 7, 12:15 to 1:15 in Bryan 113 Seating is limited, [Sign-up Here!](#)

The new 17-week series will begin the week of October 19, meeting day(s) still to be determined based on number of participants.

Contact Jason Morris or Melissa Barnes in HRS (4-5009) with any questions.

*Available in participating areas only. Minimum enrollment required.

** Unless you cancel before the end of your 19 free weeks of eTools, you will automatically be billed \$12.95 for your next month.

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 **Weight Watchers®**
Stop Dieting. Start Living.