

expect amazing



weightwatchers

at work meetings

A convenient setting for ongoing support and motivation.

Having meetings* right at the workplace can help create a supportive environment, which can help you reach your weight-loss goals. That's why we're bringing Weight Watchers® meetings to you, so you can attend and stay motivated despite your busy schedule.

- Practical guidance from an experienced Leader who has lost weight with Weight Watchers
- Weekly meetings that fit perfectly into the busy workday
- Advantages of group support with co-workers who understand the workplace environment best
- Meetings that work for both men and women
- Each weigh-in is confidential
- Weight Watchers eTools, the Internet weight-loss companion to meetings

People who attend Weight Watchers meetings and use eTools lose 50% more weight than those who just attend meetings.**

Support, convenience, and a scientifically proven approach — a winning combination.

* Available only in participating areas in the U.S. Minimum enrollment and participation required to start an At Work meeting.

** Based on 24-week study; Nguyen, V. et al. Obesity 15 (9S): A221, 2007

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