



Not just food for thought,
fuel
for change

Change doesn't start by chance. It starts with the brand new **Beyond the Scale** program from **Weight Watchers**®. No matter how you choose to follow the program, completely **online or in-person**, you'll learn how to get healthier, live happier, and lose weight.

Beyond
the Scale

Meetings*

Want more personal encouragement to get started and stay on track? With Meetings, you'll get guidance from a trained Leader, the in-person motivation from members who are on the same path as you, and access to our full suite of digital tools**.

OnlinePlus†

Perfect if you're on the go and want a lot of flexibility. Healthy choices become simple with our easy-to-use digital tools** combined with motivation from our online community and 24/7 Expert Chat.

Change is in your hands.

DATE: TUESDAYS at Schmitz Hall, Seattle Campus
TIME: Confidential weigh-in at 11:45 a.m. Group meeting from 12:15 – 12:45 p.m.
LOCATION: Schmitz Hall, Room 490
CONTACT: Janet Squires at janetsquires@comcast.net
WEB INFO: <http://www.uw.edu/admin/hr/benefits/wellness/healthy/nutrition-wtmgmt.html>
REGISTER: <https://wellness.weightwatchers.com>

* Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.

**Digital tools and apps available only with Meetings or OnlinePlus subscription. Apps available for iOS and Android devices.

†OnlinePlus subscription will be automatically renewed each month and you will be charged in accordance with your company's pricing until you cancel.

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