

# The At Work Program®

Bring out the best in you



## Put Weight Watchers to Work for You

**COT-HCDD** is bringing Weight Watchers, America's trusted name in weight loss, and its weekly meetings to our office so you can fit them into your busy schedule and get motivated to learn to eat healthy with the people you lunch with. Here's how it works:

1. Meetings are held once a week for 10 consecutive weeks and led by a true weight loss success story, a trained group leader who lost weight and successfully maintains that loss with the Weight Watchers program.
2. Each meeting includes a quarter hour, confidential weigh in followed by a half hour meeting.
3. For the duration of the 10-week series your At Work membership will entitle you to visit any other Weight Watchers meeting in Arizona at no extra charge.
4. With **weightwatchers360** you'll learn to choose foods that keep you full longer, so you don't eat for the wrong reasons, plus fruit and most vegetables are free! Which means you can learn to lose weight right here at **COT-HCDD** and keep it off.

Ready to lose? A Weight Watchers At Work series is starting here on **Tuesday, October 1st**. If interested in learning more simply reply to this e-mail or contact **Erin Cooper** at **837-5412** or **erin.cooper@tucsonaz.gov**. Or attend a free Information Session with no obligation to join at **12:00 noon** on **Tuesday, September 24th** at **HCDD, Sabino/Rillito Room, Sentinel Building, 320 N. Commerce Park Loop**. What do you have to lose?



## Take Advantage of a Great Investment Opportunity

What if I told you that by devoting less than an hour of your work week you could be on your way to a thinner, healthier you? It's true. By attending a **Weight Watchers At Work meeting**, conveniently right here at **COT-HCDD**, you can learn key strategies to help you lose weight and keep it off. It's that easy. Interested? Plan to attend a free Information Session with no obligation to register for the upcoming 10-week series at **12:00 noon** on **Tuesday, September 24th** at **HCDD, Sabino/Rillito Room, Sentinel Building, 320 N. Commerce Park Loop**. You'll learn more about this comprehensive approach to weight loss that is safe, sensible and offers you a chance to look and feel better with the support of your friends at work! Or contact **Erin Cooper** at **837-5412** or **erin.cooper@tucsonaz.gov** for details.

# weightwatchers360°