

Introducing the **NEW**
Weight Watchers at Work
12-week Series*



weightwatchers
Beyond
the Scale



The **Weight Watchers® NEW Beyond the Scale** program delivers our most holistic and personal approach ever. We've taken our great program and made it even better with some huge, exciting changes. The new program moves beyond what you weigh, so you can **eat healthier, move more, live happier AND lose weight!**

1 New SmartPoints™ plan makes healthy eating simple:

The new system goes beyond counting calories and nudges members toward a pattern of healthy eating that includes more lean protein, less sugar and less saturated fat.

2 New fitness approach that fits a busy life:

You'll earn FitPoints for the activity you do and get a personalized goal to reach for.

3 Designed to help find and fuel inner strength:

We'll give you the support you need to start, the motivation to stay inspired, and the confidence to keep going.



Online Tools and APP now included in the low price of \$13 a week for 12 weeks or attend 10 out of 12 sessions and pay \$6.50 a week!*

Change is in sight when you go beyond the scale.

Location	Date	Time
City Hall 255 W. Alameda St. 1st Floor CR	Thursday August 18th- Thursday November 3rd All subsequent sessions will be on Thursdays August 18th only, session to be held on the 4th Fl. CR.	12:00pm-1:00pm

*City Employees who attend 10 out of 12 sessions only pay the discounted price of \$78.00. Attend 11 sessions and get \$156 credit towards the next 12 week series. COT employee can only receive \$156 credit once every 12 months.

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