

weightwatchers

Weight Watchers® works wherever you work

Take off! And watch the weight come off with Weight Watchers. Our new **Beyond the Scale** program helps you eat healthier and stay active even when you are on the go. In fact, **Weight Watchers members lost 15% more weight** in their first two months following the new Beyond the Scale program than those who followed the previous program.*

**Beyond
the Scale**

Embrace

new habits,
and bring them anywhere

Ready, jet, go. Sign up today.

Date: Thursdays

Time: Noon

Location: UCSD Torrey Pines South Room 430

Contact: Cindy Walsh at ckwalsh@ucsd.edu

Sign up now and get 3 free weeks (Minimum of 20 members needed).

Includes on campus meetings, personal support and digital tools.

Prices vary depending on number of registrants.

EVERYONE WELCOME!!

Registration will be available (most major credit cards and personal checks are accepted).

At Work Meeting Series available in participating areas only. Pre-payment of series required and further restrictions may apply. Minimum enrollment required to start an At Work meeting.

*Comparing Meetings members who weighed in two months after starting the program versus the same time period in the prior year.
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