



The Power of Group Support: Meetings

Meeting at the Work Site: At Work” Meetings

More than 10,000 corporations have hosted At Work meetings in the United States. With the majority of Americans spending the bulk of their day on the job, the workplace is an ideal setting for employees to learn how to live a healthy lifestyle. The workday provides a supportive 8-hour environment, which helps employees achieve their weight-loss goals.

Benefits of the At Work Program:

- Convenience: meetings are held at your work site each week.
- Group support: each 12 or 17 week series may be continued as long as the minimum enrollment is maintained.
- Personal accountability and corporate camaraderie making positive lifestyle changes.

Program Requirements:

- A minimum of 15-20 (15 for 12 week/20 for 17 week) prepaid members enrolled to begin a series.

Weight Watchers Provides:

- Professionally trained staff that has successfully lost weight on the Weight Watchers program.
- Weight Watchers program materials developed by experts in the field of nutrition and weight management.
- Confidential weigh-ins (we provide the scale).

Pricing Schedule:

- 12-week series + 8 Weeks FREE eTools: \$144.00
- 17-week series + 19 Weeks FREE Etools: \$186.00

*eTools = internet weight loss companion to meetings