

LESS THAN AN HOUR A WEEK CAN CHANGE YOUR LIFE

The time you spend at a Weight Watchers® At Work meeting* is time well spent because you'll learn strategies to face the challenges of losing weight and eating right.

Sign up for our 17-week At Work series and receive 19 weeks of eTools for free!† People who attend Weight Watchers meetings and use eTools lose over 50% more weight on average than those who attend meetings alone.¹ See below for terms.



Are you ready to see what Weight Watchers® can do for you?

Weight Watchers At Work Program® Meets every week

San José City Hall
200 E. Santa Clara St
11:30 – 12:30 / Room T-1254

Meeting contact: Tedra Turner (408) 975-4421

* Available only in participating areas in the U.S. Minimum enrollment required.

† Unless you cancel before the end of your 19 free weeks of eTools, you will automatically be billed \$12.95 for your next month.

¹ Based on 24-week study; Nguyen V et al. Obesity 15 (9S): A221, 2007.

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 **Weight Watchers®**

Stop Dieting. Start Living.