



WEIGHT WATCHERS AT WORK MEETINGS ARE HERE!

Mark your calendars
and get ready to make
a change for good!

Your first meeting is just
moments away.



Join Anytime!

Date: Weekly meeting every Wednesday

Location: CUMC, Hammer Health Sciences Bldg.

701 W. 168th & Fort Washington Ave. Rm. #LL207

**Room assignment subject to change – check online for updates*

Weigh-In Time: 5:00pm-5:15pm

Meeting Time: 5:15pm-5:45pm

Contact: Christine Rein, Office of External Affairs

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Visit us Online: www.ColumbiaSurgery.org & Click “Events”