

# weightwatchers

## Weight loss that works with you

Weight Watchers member



I'm setting an example for my family. I am showing them what it looks like to be the best person I can be.

**Maegan** - 35, Huntington, NY  
Lost 47.8 lbs\*

\*People following the Weight Watchers plan can expect to lose 1-2 lbs per wk. Maegan lost weight on prior program and is continuing on WW Freestyle.



No matter where you are—home, work, or out with friends—success is possible with **Weight Watchers®**. Whether through meetings or completely online,\*\* our new **WW Freestyle™** program gives you more freedom and flexibility than ever before.

ALL-NEW!

# WW Freestyle™

### Get support and inspiration wherever you go with:

- ✓ Guidance from a trained Leader who has been successful on the program
- ✓ Convenient meeting locations and 24/7 Expert Chat
- ✓ Digital and mobile tools\*\* to make tracking easier
- ✓ Personalized food and fitness recommendations
- ✓ A WW members-only social media community, Connect

Be bold. Start your Weight Watchers journey today. #WWWorksWithMe

**Attn: Faculty, Staff & Students**  
**Convenient Weekly Meetings lead by a Certified WW Leader at CUMC**

**Join the Freestyle Program Anytime During the Current Series!**

**Dates:** Every Wednesday 5/23/2018 – 8/15/2018  
*FREE E-tools included with Membership!*

**Time:** 5:00PM – 6:00PM

**Location:** Milstein, 7<sup>th</sup> Floor \* Reemtsma Conference Room, Rm. 7-213

**Info:** E-mail: [cmr2146@cumc.columbia.edu](mailto:cmr2146@cumc.columbia.edu) Website: [www.ColumbiaSurgery.org](http://www.ColumbiaSurgery.org) & "Click Events"

Please note: Meetings available in participating areas only. Minimum enrollment required to start meetings in the workplace.

\*\*Digital tools and apps available only with subscription products. Apps available for iOS and Android devices.

Weight Watchers is the registered trademark of Weight Watchers International, Inc. WW Freestyle is the trademark of Weight Watchers International, Inc. ©2018 Weight Watchers International, Inc. All rights reserved.