



**As the leaves start to  
change, so can you!**

**We can help you find weight-loss success at work  
with a Weight Watchers At Work Meeting\***

**Join us for a Weight Watchers Open House!**

*Come to our next Open House right here at work and see for yourself how Weight  
Watchers can help you be healthier.*

**Date: Wednesday, September 10, 2014**

**Time: 5:15pm**

**Location: CUMC, Hammer Health Sciences Bldg.  
701 W. 168<sup>th</sup> & Fort Washington, Rm. LL207**

**Contact: Christine Rein, E-mail: [cmr2146@cumc.columbia.edu](mailto:cmr2146@cumc.columbia.edu)**

**Online: [www.columbiasurgery.org](http://www.columbiasurgery.org) & Click "Events"**

**weightwatchers  
health solutions**

\*Available only in participating areas in the United States. Minimum enrollment required.

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