

**weightwatchers**



**When you need a boost before the brainstorm,**  
*We work with you*

Come to our Open House\* and learn about how our scientifically-proven approach to food, fitness, and mindset fuses with our focus on overall well-being to deliver impactful results.

Members lost **15% more weight** in their first two months following the new Beyond the Scale program than those who followed the previous program.\*\*

*It's a no-brainer. Join us at our upcoming Weight Watchers® Open House!*

**Attn: Faculty, Staff & Students**  
**Join Now!!**

**Convenient Weekly Meetings lead by a Certified WW Leader at CUMC**

**Open House Dates /Registration:** Wednesday, July 26<sup>th</sup> & August 2<sup>nd</sup>

**Official Week-1 Meeting:** Wednesday, August 16<sup>th</sup>

*(Please Note: The Conference Room is CLOSED for renovations the week of August 7<sup>th</sup>)*

**Time:** 5:00PM – 6:00PM

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

**More Info:** Christine Rein, [cmr2146@cumc.columbia.edu](mailto:cmr2146@cumc.columbia.edu)

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

\*Comparing Meetings members who weighed in two months after starting program versus the same time period in the prior year.

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