

weightwatchers

Weight Watchers
member

The **freedom** to do
what you enjoy



There are SO many ways Weight Watchers
has changed my life.

Meagan - 39, Cranberry Township, PA
Lost 62.8 lbs*

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



Nourish your whole self, and lose weight

Discover success—both on and off the scale—with **Weight Watchers®** at our upcoming Open House.** You'll learn how our **WW Freestyle™** program helps you eat what you love, encourages you to move for pleasure and gives you the skills to think differently so you can become a happier, healthier version of yourself.

ALL-NEW!

WW
Freestyle

Join us at our Open House.

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

**Interested in learning more? Come to our OPEN HOUSE. We are starting a
NEW Spring 2018 Series with enough interest!!**

Open House Date: Wednesday 5/09/2018

Time: 5:00PM – 6:00PM

Location: Milstein, 7th Floor * Reemtsma Conference Room, Rm. 7-213

More Info: Christine Rein, cmr2146@cumc.columbia.edu

Website: www.ColumbiaSurgery.org & "Click Events"

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

**Open House does not include program materials or weigh-in.

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