



AT WORK MEETINGS*

THE POWER OF GROUP SUPPORT AND THE CONVENIENCE OF WORKSITE MEETINGS



- ▶ More than 10,000 corporations have hosted At Work meetings series in the U.S. because Weight Watchers meetings work. Research shows that people who attend Weight Watchers meetings lose three times more weight than those who diet on their own.¹ And, with the majority of Americans spending most of their day on the job, the workplace is an ideal setting for employees to learn how to live a healthier lifestyle.

- ▶ Having meetings right where you work contributes to a supportive environment, which can help you with your weight-loss goals.
 - A trained Weight Watchers leader comes to your workplace to provide experienced guidance at weekly meetings that fit perfectly into the busy workday.
 - You benefit from the proven advantage of group support with co-workers who understand the workplace environment best.

- ▶ Support, convenience, proven results — a winning combination!

Enjoy the benefits of
Weight Watchers today.

*Available in participating areas only. Minimum enrollment required.

¹Heshka S, et al. Weight loss with self-help compared with a structured commercial program: a randomized trial. *JAMA*. 2003;289(14):1792.

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