



and



Lose Weight! Feel Great!

**The Weight Watchers At-Work Program** is offered to USU employees (and their spouses) as a continuous 12-week series of weekly meetings. **At-Work** meetings have been proven to be more successful than regular community meetings, because of the additional benefit of a more convenient campus location and meeting time.

Members prepay at the beginning of the 12-week series, which eliminates the collection of weekly fees. Members may join at anytime during the 12-week session. All weigh-ins are private and confidential.

**At-Work** members who miss their **At-Work** meeting may attend a traditional meeting during the time frame of the series at no additional charge. The only financial difference between the traditional meetings and the **At-Work Program**, is that, USU Weight Watcher members **MUST prepay** for 12-weeks (instead of 10-weeks, or weekly fees).

The class meets every Thursday at 11:45 a.m. in HPER, Room 111E for 1 hour. The fees are: \$96 for each 12-weeks series for current members. New members pay \$135 for the first 12-weeks and \$96 after the first 12-weeks, and Lifetime members at goal can attend for FREE (if they are not at goal they pay \$54 for 12-weeks.)

To join us, fill out the Weight Watcher membership form and bring it to class with cash, check, or credit card. For more information contact Shannon Johnson at 797-1470 or email her at [shannon.johnson@usu.edu](mailto:shannon.johnson@usu.edu).

The first group of 35 members started in May of 2007 and lost over 290 pounds combined. This program works! Come join a group of co-workers (who are enthusiastic and fun) as we work together to become healthier!

Sign up now at [http://weight\\_watchers\\_work/ww\\_signup\\_form.pdf](http://weight_watchers_work/ww_signup_form.pdf)