



and

USU

Lose Weight! Feel Great!

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

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 difference from the traditional meeting and the **At-Work Program**, is that, USU Weight Watcher members **MUST** prepay for 12 weeks instead of 10-weeks or weekly.

The class meets every Thursday at 11:45 a.m. in TSC, Room 335 for 1 hour. The fees are: \$115 for each 12-weeks series for current members. New members pay \$135 for the first 12-weeks and \$115 after the first 12-weeks, and Lifetime members at goal can attend FREE or if they are not at goal pay \$54 for 12-weeks.

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 [shannon.johnson@usu.edu](mailto:shannon.johnson@usu.edu).

The first group of 35 members started in May of 2007 and lost over 375 pounds combined. Come join a fun group of co-workers as we work together to become healthier!