

Weight Watchers

Open to USU Staff and Students and USU Family Members



Let Weight Watchers @ Work help you reach that goal!

Looking to lose those few extra pounds? Let Weight Watchers @ Work help you reach that goal!

Attending a Weight Watchers @ Work meeting for an hour during each workweek is all it takes to learn key strategies to help you lose weight and keep it off. Come get helpful food tips that can keep the calories in-check and find a supportive family of friends!

INFORMATION AND REGISTRATION

Meetings: Thursdays
11:45 am - 12:30 pm
Taggart Student Center, Room 335

Next 12-week series started on Thursday, July 23. (AND... it's not too late to join!)

Following 12-week series starts on Thursday, October 10.

Here's to a healthy and happy Life!

For more information, contact Shannon Johnson @ 797-1470 or shannon.johnson@usu.edu.
New members receive a free Omron HJ112 pedometer (valued at \$35.00) and your choice of a Be Well T-shirt, baseball cap, or lunch bag!

