

weightwatchers

Weight loss that works with you

Weight Watchers member



I'm setting an example for my family. I am showing them what it looks like to be the best person I can be.

Maegan - 35, Huntington, NY
Lost 47.8 lbs*

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



No matter where you are—home, work, or out with friends—success is possible with **Weight Watchers®**. Whether through meetings or completely online,** our new **WW Freestyle™** program gives you more freedom and flexibility than ever before.

ALL-NEW!

WW
Freestyle™

Get support and inspiration wherever you go with:

- ✓ Guidance from a trained Leader who has been successful on the program
- ✓ Convenient meeting locations and 24/7 Expert Chat
- ✓ Digital and mobile tools** to make tracking easier
- ✓ Personalized food and fitness recommendations
- ✓ A WW members-only social media community, Connect

Be bold. Start your Weight Watchers journey today. #WWWorksWithMe

Be Your Best Self-promotion!

Now through November 2 anyone that joins our series at the prorated rate of \$9.31 per week, gets a free Be Your Best Self Kit valued at \$50.

Meeting are held every Tuesday in MPR D at the 701 Carnegie Center starting at Noon.

Please come to join- no pre-registration needed.

CONTACT: Risa Lemkin at rlemkin@Princeton.edu or 609-258-8780

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

**Digital tools and apps available only with subscription products. Apps available for iOS and Android devices.

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