

HERE'S ANOTHER REASON TO JOIN A 17-WEEK AT WORK MEETING SERIES*

(minimum of 20 enrollees required)

Weight Watchers® introduces the new Momentum™ program

It's a brand new way to do Weight Watchers. And it goes at the things that have always stood between you and losing weight, like hunger, temptation or just a bad day. You'll learn to choose foods that keep you full longer, so you don't eat for the wrong reasons. Which means you can lose weight and keep it off.



Sign-up for the 17-week At Work meeting series at your workplace and get on your way to weight-loss success with Weight Watchers and the new Momentum program. Plus, your 17-week series comes with 19 weeks of free Weight Watchers eTools.**

Open House Meeting
University of Florida Living Well Fitness Center
Tuesday, 6/02/09 at 11:45 AM
Next Series to Start 6/09/09
17 weeks for \$186
Contact Danielle Bean at (352) 392-0578
or djbean@hhp.ufl.edu

*Available in participating areas only. Minimum enrollment required.

** Unless you cancel before the end of your 19 free weeks of eTools, you will automatically be billed \$12.95 for your next month.

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 **Weight Watchers®**
Stop Dieting. Start Living.