



New beginnings happen right here.

Join us for a Weight Watchers® Open House.*

Come to an Open House* right here at work and see for yourself how Weight Watchers can give you the inspiration and motivation you need. Learn how Weight Watchers helps you set your goals and achieve them, and about Simple Start, a two-week starter plan designed to help you start losing weight right away.

Discover how Weight Watchers At Work meetings can work for you.**

DATE Thursday, June 5th

TIME 12:30 PM

LOCATION Frost Commons Lounge

CONTACT Denise Normandin at (603) 535-2195 or dlnormandin@plymouth.edu

PSU employees - IT WORKS AT WORK! Come make it work for you! Come Feel the Inspiration and Join the Camaraderie!!! BYO lunch!

The current WW at Work group has lost over 150 pounds and still counting!

* Open House does not include Program materials or weigh-in.

** Available in participating areas only. Pre-payment of At Work Meeting Series required and further restrictions may apply. Minimum enrollment required to start an At Work meeting.

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weightwatchers
your new beginning starts here

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