

LESS THAN AN HOUR A WEEK CAN CHANGE YOUR LIFE

The time you spend at a Weight Watchers® At Work meeting* is time well spent because you'll learn strategies to face the challenges of losing weight and eating right.

Sign up now for an At Work meeting series! People who attend Weight Watchers meetings lose 3 times more weight than those who go it alone.¹ See below terms.



WEIGHT WATCHERS AT WORK WORKS!

McMaster University gets ready for its 29th series!

JOIN US AT OUR OPEN MEETING/REGISTRATION SESSION

Tuesday June 22nd @ 12pm – 1pm MUSC ROOM 318
(Start of next series: July 6th)

12 weeks for the price of 10 weeks/\$139.99 plus tax

Prepaid at registration session by cash, cheque or credit card
(Split payments accepted. Conditions apply)

Contact Lori Burch ext 24434 or burchl@mcmaster.ca to book your place.

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 **WeightWatchers®**
BECAUSE IT WORKS