



CHANGE STARTS HERE

AT WEIGHT WATCHERS, YOU LEARN HOW SMALL
CHANGES CAN LEAD TO BIG RESULTS SO YOU
CAN LOSE WEIGHT AND KEEP IT OFF.

Jennifer Hudson

 **Weight Watchers[®]**
BECAUSE IT WORKS.

**Experience Weight Watchers meetings right here in your workplace.
Sign up for an At Work meeting* series today!**

REGISTRATION SESSION FOR OUR FALL SERIES

**Tuesday, Sept 14th 12pm (Fall series starts Sept 21st 12pm)
MUSC ROOM 318**

14 week series/\$221.32 (includes taxes)(\$15.81) A savings of \$25!

*All in 1 payment to Weight Watchers via cash, visa, MC or cheque OR

*2 equal payments of \$110.66 via credit card to Weight Watchers processed week 1 & week 5

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