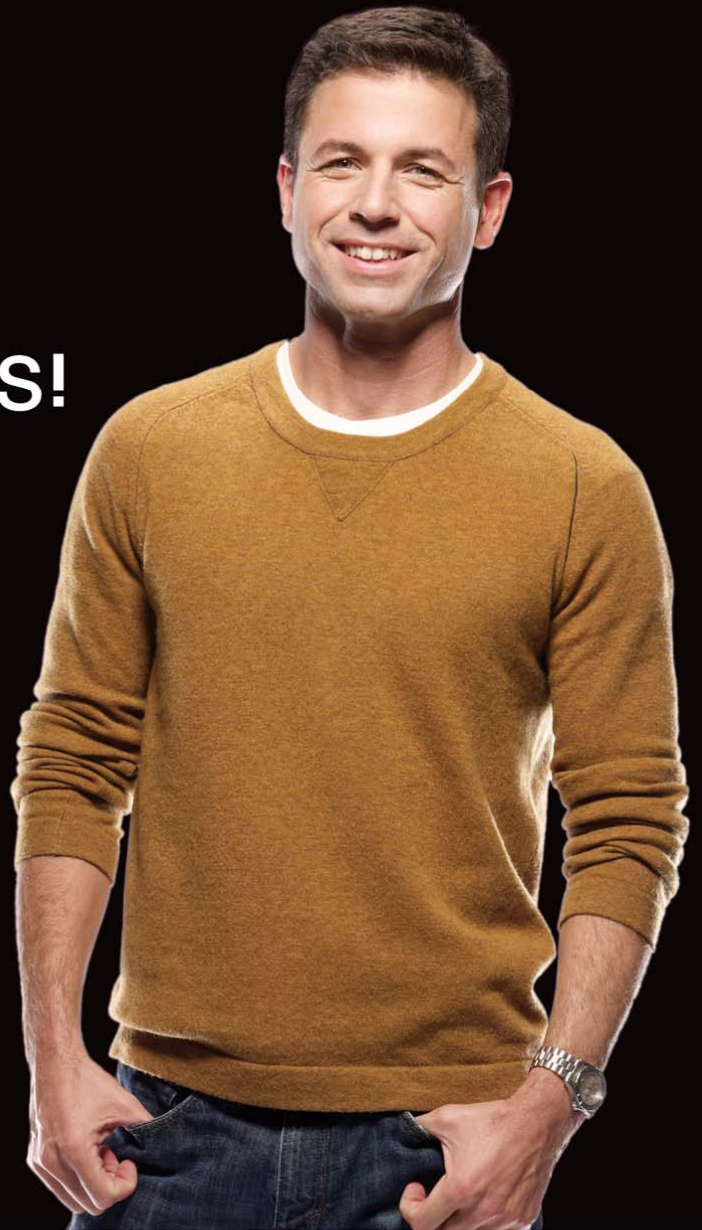


IT'S NOT TOO LATE TO JOIN WEIGHT WATCHERS!

Don't miss out on the program that's helping your co-workers get healthier and could be helping you too.



IT'S A
NEW
DAY

All are welcome to join our Weight Watchers meeting*:
REGISTRATION SESSION FOR OUR JANUARY SERIES!

Tuesday, Feb 7th 12pm **MUSC ROOM 318**
Start of next series Feb 14th

BEST VALUE RATE: Savings of \$52!!!

26 week series & free online support(ETools)/\$311.74 plus HST
Convenient payment option of 3 post dated payments of \$117.42 (tax in) for week 1, 5 and 9.

For more information & to book your place contact:
Christine Cosgrove ext 23489 or cosgrove@mcmaster.ca

*Available only in participating areas only. Minimum enrollment required. Total cost for At Work meeting series must be paid in advance.

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