



Skip the elevator And take your weight loss to the next level

Weight Watchers® is a proven weight-loss plan that fits how you want to eat and lose. Check it out with your co-workers at our next **Open House***—and *sneaker* in what makes you feel great.

weightwatchers

Help with the hard part.

Stroll with a goal to our next Open House.

DATE: Wednesday, July 8th **TIME:** 11:15 - 12:00 noon
LOCATION: RAC All American Room (above indoor track/weight room)
CONTACT: RSVP by July 6th to Jill Wardell at 410-455-1442 or jwardell@umbc.edu
OFFER: 17 weeks for \$186 ~ prorated upon initial join date. Payment is due at 7/8 Open House (cash, checks, credit cards accepted). Partial reimbursement may be available!!

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

© 2015 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS registered trademark



Digital tools and mobile apps



24/7 Chat for help and motivation



Seamlessly sync fitness devices