

Why wait for your new beginning?

You can lose weight and you can start now.

Come check out a Weight Watchers® At Work meeting. Now is a great time to start reaching your weight-loss goals.

- Meetings that work for both men and women
- Private weigh-ins
- Inspiration, motivation, group support

Purchase At Work meetings with Monthly Pass* and get Weight Watchers eTools, our Internet weight-loss companion, FREE.

Wednesdays at 11:30 in Rolfs Sports Rec Center, Lower Level

For information on the Notre Dame employee discount, visit <https://hr.nd.edu/benefits/discounts/>

* Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Monthly Pass is sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.

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new
simplestart

A two-week plan to start losing weight right away.

weightwatchers
your new beginning starts here