

Join Weight Watchers at Work

12-week spring session February 5–April 23*

*Minimum class size of 15

INFORMATIONAL MEETING: Thursday, January 29, 5–6 p.m.

WEEKLY MEETINGS: Thursdays, February 5–April 23
5–6 p.m.

LOCATION: 153 McKinley Hall

FEE: \$168

ADDED INCENTIVE: Get \$65 back if you successfully complete 11 sessions (subject to tax and eligibility).

Unable to attend? Visit Weight Watchers Online. Special discounts available for CareFirst and Kaiser Permanente members.

For details, visit american.edu/hr/wellness.html.



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