

weightwatchers

Weight Watchers
member

A healthier you **starts here**



“Thanks to Weight Watchers, I now see how to eat in a new light. I am more conscious about what I’m eating and drinking and yet still enjoying life to the fullest.”

Tiffany - 45, Chicago, IL

Lost 43.5 lbs*

*People following the Weight Watchers plan can expect to lose 1-2 lbs per wk. Tiffany lost weight on prior program and is continuing on WW Freestyle.

A whole **new** approach to enjoy food and **live life** like never before.

Our new **WW Freestyle™** program lets you enjoy eating more of the foods you love with less tracking. Follow a plan that fits your lifestyle—through meetings or completely online.**

ALL-NEW!

WW
Freestyle™

Join now. See yourself transform. #FreestyleEffect

CONTACT: sharonm@nwresd.k12.or.us

SIGN UP INFORMATION:

COME TO OUR OPEN HOUSE!!

NWRESD Weight Watchers At-Work Meeting

5825 NE Ray Circle Hillsboro, OR 97124

Wednesday January 24th, 2018

4:00-5:00 PM

Please join us; the first meeting of our next session will start Wednesday January 31 at 4:30pm!

Please note: Meetings available in participating areas only. Minimum enrollment required to start meetings in the workplace.

**Digital tools and apps available only with subscription products.

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