



WeightWatchers® At Work

At  **Downtown**

Meets Fridays for 12 Weeks

12 to 1 pm – Phillips Gym

Bring your lunch, weigh in, program

Begins Friday, January 6th

Discounted Rate – Total \$132.00

Payable in One or Two Payments

OPEN TO THE PUBLIC

Minimum of 15 participants required

Why Weight Watchers?

- *Voted #1 Best Plan for Weight Loss by US News & World Report**
- *Balanced weight loss and exercise program**
 - *Easy to follow points system**
 - *NO foods off-limits, just portion control**
 - *Easy to follow recipes**

Make small changes – See BIG results

More Info, call 328-7696

