



Weight Watchers® works
wherever you work.

Weight Watchers At Work Meetings* give members the flexibility of losing weight right in the workplace. Not only is it convenient, the sense of community helps keep members motivated and on-track with their goals.

*Work hard,
lose easy.*

Benefits of At Work Meetings:

- The convenience and flexibility of attending a weekly meeting in the workplace
- Personalized food and fitness tracking
- Weekly guidance from a trained meeting Leader who has been successful on the program
- Suite of digital and mobile tools** to stay on track between meetings
- Power of shared learning strategies from people sharing the same challenges and encouragement to keep going
- Confidential weigh-in
- No registration fee

*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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LIVE FULLY.