

# Get Wellness Workshops at work with TWO FREE OFFERS!

With hands-on weekly guidance from a WW Wellness Coach and inspiration from other members, **Workshops in the workplace** are a convenient way to stay focused on building healthy habits. **The WW Freestyle™ program is proven to help people lose weight, sleep better, and feel happier.\***



weightwatchers  
reimagined

When you sign up you'll get a

## FREE Kick-Start Kit,\*\*

(\$50 value!)

**PLUS** if you join by 4/5/19  
you can choose:

### 2 FREE weeks<sup>†</sup>

if you sign up for  
a 17-week series

OR

### 3 FREE weeks<sup>†</sup>

if you sign up for  
a 26-week series



#### Kit includes:

- Tote bag
- Water bottle
- Resistance band
- WW Best of Pasta mini cookbook
- Journal



**Tell your friends, only 15 people are needed to get started! Add your name to the list today to take advantage of TWO free offers!**

**RSVP by March 1 if you are interested in this offer.**

**Contact Jina Bacchus**

**Email: [Jina.Bacchus@umaryland.edu](mailto:Jina.Bacchus@umaryland.edu)**

**Phone: 6-3953**

## Wellness that Works.™

\* Six-month pre-post study on 152 participants, conducted by the University of North Carolina at Chapel Hill, Weight Research Lab. Study funded by Weight Watchers. Sleep data and happiness data reported by trial participants after 6 months on WW Freestyle based on the Pittsburgh Sleep Quality Index and the Oxford Happiness Questionnaire.

\*\* **FREE KICK-START KIT OFFER:** Workshop series must be purchased during the Kick-Off session, no later than the following wk (Workshop # 2). Enrollments past the 2nd workshop are not eligible for free kit. Available in participating areas only. 1 kit/member. Kit must be redeemed by 4/15/19. While supplies last. US addresses only; no P.O. boxes or APO/FPO boxes. Please allow at least 3-4 wks for delivery. Kit is available to newly enrolled members only; not available for series renewals. Kit contents may vary. Offer may may not be redeemed for cash. Non-transferable. Void where prohibited.

† **FREE WEEKS OFFER:** Get 2 wks free with purchase of a 17-wk Workshop series, OR get 3 wks free with purchase of a 26-wk Workshop series in participating areas, 2/4/19-4/5/19. Your free 2 or 3 wks will be added to the end of the series you purchased.

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

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