



A fresh start, a convenient setting.  
**At Work Meetings.**

**Motivation, inspiration and support —  
right where you work.**

Ready to be inspired? Having meetings\* right at your workplace can create an easy-to-access, supportive environment, which can help you reach your weight-loss goals. That's why we're bringing Weight Watchers® meetings to you, so you can attend and stay inspired and motivated despite your busy schedule.

- Practical guidance from an experienced Leader who has lost weight with Weight Watchers
- Weekly meetings that fit perfectly into the busy workday
- Advantages of group support with coworkers who understand the workplace environment best
- Meetings that work for both men and women
- Each weigh-in is confidential
- Weight Watchers eTools, the Internet weight-loss companion to meetings

**With Weight Watchers meetings and eTools,  
which includes access to the mobile App, you  
can lose 8X more than those who try to lose  
weight on their own.\*\***

**Support, convenience, and a scientifically  
proven approach — a winning combination.**

\* Available only in participating areas in the U.S. Minimum enrollment and participation required to start an At Work meeting.

\*\* Johnston CA et al. A randomized controlled trial of a community-based behavioral counseling program. The American Journal of Medicine 2013 (Article in Press), Oct. 2013. weight-loss data obtained at 6 months. Trial funded by Weight Watchers.

©2014 Weight Watchers International, Inc., owner of the Weight Watchers and PointsPlus registered trademarks.