

# weightwatchers

A flexible, new weight-loss plan that **lets you eat what you love**

Weight Watchers member



“Because of Weight Watchers, I’m happy about where I am and how I feel.”

Mindy - 41, Mineral, VA

Lost 39.4 lbs\*

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

Imagine a weight-loss plan where everything is still on the menu—that’s freedom you can taste. You can expect all that with **Weight Watchers®**. Our new program, **WW Freestyle™**, has an expanded list of zero Points® foods, giving you more flexibility with every meal. With less to track, there’s more to enjoy.

ALL-NEW!

**WW**  
**Freestyle™**

*Freedom starts here. Learn more at our Information Session.*

DATE: Tuesday, March 27<sup>th</sup>

TIME: 4:15-4:45

LOCATION: CHS Media Center

CONTACT: Michelle Kruse 913.515.2894 or [mkruse@center.k12.mo.us](mailto:mkruse@center.k12.mo.us)

Please note: Meetings available in participating areas only. Minimum enrollment required to start meetings in the workplace. Weight Watchers and Points are the registered trademarks of Weight Watchers International, Inc. WW Freestyle is the trademark of Weight Watchers International, Inc. ©2018 Weight Watchers International, Inc. All rights reserved.