

# INVEST IN YOURSELF.

It's one investment that always pays off. Attending a Weight Watchers® At Work meeting\* for less than an hour during each workweek is all it takes to learn key strategies to help you lose weight and keep it off.

If you're ready to make that investment and get on the path to optimal health, come join our At Work meeting. Don't you owe it to yourself?



 **WeightWatchers®**  
Stop Dieting. Start Living.

\* Available only in participating areas in the U.S. Minimum enrollment required.

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