## WEIGHT WATCHERS®

With our know-how and your incredible, there's nothing you can't achieve... and we're here to show you how.

Weight Watchers, in conjunction with the University of Newcastle, would like to invite registrations to join the next series of Weight Watchers At Work on the 15th of September.

## DON'T LET ANOTHER MONTH SLIP BY. PROMISE YOURSELF THAT THIS WILL BE THE YEAR YOU EAT WELL LOSE WEIGHT AND BE HAPPY!

What you can expect from an AT WORK Program:

- ✓ **GROUP SUPPORT.** At Work members tell us they lose more weight with the support of their workmates
- ✓ FREE ETOOLS, our online tracking companion, including mobile phone app.
- ✓ CONFIDENTIAL weigh in
- ✓ NO JOINING FEE AND CORPORATE DISCOUNT Total cost is \$233.70 for a 13 week series, payable upfront at Week 1 (cash, cheque, credit or EFTPOS) or take up our direct debit option with 4 x monthly payments (fees apply)
- ✓ FREE weekly mini magazine called 'Weekly" and 4 educational booklets to assist you with your journey (given at Week 1)
- ✓ Weight Watchers **PRODUCTS EXCLUSIVE TO MEETINGS ONLY** (including chocolate) yes we bring the shop with us each week!
- ✓ A motivational, inspirational **CONSULTANT** who has been a successful Weight Watchers member and continues to enjoy their own journey
- ✓ A liveable, flexible and sensible **PROGRAM THAT FITS INTO YOUR LIFE**, not the other way around! Weight Watchers is about food education, so no meal replacements and no food or drink is 'off limits'
- ✓ **HEALTH FUND REBATES** may apply, dependant on your level of cover. Please contact your provider for further information

A minimum number of 12 participants will be needed to commence a new series.

THIS DISCOUNTED OFFER IS ONLY VALID TIL THE 19<sup>TH</sup> OF SEPTEMBER, SO GET IN QUICK AND REGISTER TO ATTEND BY MONDAY, 8<sup>TH</sup> SEPTEMBER 2014.

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