

# Weight Watchers at Work



**City employee participants lost a total of 956 pounds in 2017!  
Great job, TeamPlano!**

Discover success-both on and off the scale- with **Weight Watchers**<sup>®</sup> at our upcoming Open House. \*\* You'll learn how our **WW Freestyle**<sup>™</sup> program helps you eat what you love, encourages you to move for pleasure and gives you the skills to think differently so you can become a happier, healthier version of yourself.

**It's still not too late to join!**

ALL-NEW!

**WW**  
**Freestyle**

We are pleased to offer the Weight Watchers at Work Program at two City locations\*

The 17 Week Session begins January 23 and 24, 2018

The cost is \$186 and includes 19 FREE weeks of eTools, the Weight Watchers online program companion

**Tuesday Meetings from 12:00 - 12:45 PM**

Environmental Education Center  
4116 W. Plano Parkway

**Wednesday Meetings from 12:00 - 12:45 PM**

Plano Municipal Center,  
Building Inspections Training Room  
1520 K Avenue, 1st Floor

**Attend one meeting a week for 17 weeks. Choose from either location.**

\*Please note: A minimum of 20 registered members is required for each meeting location.

Payment options include cash, check, 3 check installments of \$62 which are collected at the week 1 meeting and each deposited monthly beginning with the week 1 meeting date, or credit/debit card.

If you attend 15 out of the 17 meetings, the City will reimburse you the full amount.

Contact: Michelle Gifford at [michellegi@plano.gov](mailto:michellegi@plano.gov), 972-941-7227

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

\*\* Open House does not include program materials or weigh in.

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