

# Say hello to your new beginning.

Join us for an information session.

## new simplestart

Learn about Simple Start, a new two-week starter plan designed to help you start losing weight right away.



Join a Weight Watchers® Leader and your colleagues for an information session to learn about the proven Weight Watchers approach and how you can attend meetings at work.\* Weight Watchers works for both men and women – so get inspired, and find your new beginning.

Purchase an At Work meetings series\* and get Weight Watchers eTools, our Internet weight-loss companion, FREE.\*\*

**Weight Watchers can help you achieve your weight-loss goals. Come learn how.**

**Registration will be available. Most major credit cards and personal checks are accepted.**

**Payroll deduction will be available.**

**Join us for a FREE Information Session at Lincoln Land Community College!**

**Thursday, February 13 – 12:30 pm – Menard Hall Room 2215**

For more information, contact: [kimberly.elder@llcc.edu](mailto:kimberly.elder@llcc.edu)

\* Available in participating areas only. Pre-payment of At Work Meeting Series required and further restrictions may apply. Minimum enrollment required to start an At Work meeting.

\*\* Available to those who have pre-purchased an At Work meeting series at the start of the meeting series. Such members will get a subscription for either 14 weeks or 19 weeks of free eTools; the length of free eTools subscription is dependent on the length of the At Work meeting series available at your company. Free eTools subscription offer not available for local Weight Watchers meetings or Online subscriptions. Your eTools subscription will automatically renew each month at standard rate (currently \$14.95, which is subject to change) per month, unless you cancel before the end of 14 weeks or 19 weeks subscription to eTools. Visit [www.weightwatchers.com/cancel](http://www.weightwatchers.com/cancel) for instructions on how to cancel. Subscription is not transferable.

©2014 Weight Watchers International, Inc., owner of the Weight Watchers registered trademark.

AWMS

**weightwatchers**  
your new beginning starts here