

YOU DON'T NEED A DIET. YOU NEED MOMENTUM.™

Weight Watchers®
introduces the new
Momentum program

It's a brand new way to do Weight Watchers. And it goes at the things that have always stood between you and losing weight, like hunger, temptation or just a bad day. You'll learn to choose foods that keep you full longer, so you don't eat for the wrong reasons. Which means you can lose weight and keep it off.



Did you know that Weight Watchers can come right to your workplace and set up an At Work meeting series*? It's the ultimate convenience for your weight-loss efforts.

FREE OPEN HOUSE MEETING – NEW GROUP STARTING!

THURSDAY, 11/12/09 – 11:00 AM – HERITAGE ROOM 133 NURSING BUILDING

LEARN ABOUT WEIGHT WATCHERS AND JOIN!

NEW SERIES STARTS 11/19. PAYMENT IS DUE 11/12 (MINIMUM 15 PARTICIPANTS REQUIRED)
17 WEEKS FOR \$186. PAYMENT OPTIONS AVAILABLE (3 INSTALLMENTS OF \$62)

VISIT WWW.UIOWA.EDU/HR/WELLNESS OR EMAIL MEGAN-MOELLER@UIOWA.EDU FOR MORE INFO.

*Available in participating areas only. Minimum enrollment required.

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 **Weight Watchers®**
Stop Dieting. Start Living.