

weightwatchers

A flexible, new weight-loss plan that **lets you eat what you love**



Because of Weight Watchers, I'm happy about where I am and how I feel.

Mindy - 41, Mineral, VA
Lost 39.4 lbs*

*People following the Weight Watchers plan can expect to lose 1-2 lbs per wk. Mindy lost weight on prior program and is continuing on WW Freestyle.

Weight Watchers member
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Imagine a weight-loss plan where everything is still on the menu—that's freedom you can taste. You can expect all that with **Weight Watchers®**. Our new program, **WW Freestyle™**, has an expanded list of zero Points® foods, giving you more flexibility with every meal. With less to track, there's more to enjoy.

ALL-NEW!

WW
Freestyle

Freedom starts here. Learn more at our Information Session.

DATE: Information session/registration - Saturday, January 27th, 2018

TIME: 8:30am- Park and enter in back parking lot.

LOCATION: Totowa Public Library, 537 Totowa Road, Totowa N.J.

CONTACT: Doreen Makoujy -972-790-3265 Makoujy@palsplus.org

Registration Fee is \$186.00 for 17 weeks, plus 3 extra =20week program. Registration is in full at this meeting!