

## The At Work Program®

- The At Work Program® is designed to meet the needs of today's busy working people.
- The program uses the same comprehensive food plan and products as our regular Weight Watchers meetings.
- Meetings can be held before work, during lunch, or immediately after work. Sessions are normally ten weeks and meetings are held once a week.
- The weekly weigh-in and your personal weight information are kept confidential at all times.
- The current fee for a ten-week session is \$150.00 and includes HST.
- The Ottawa Coordinator is Karen Sharpe, [karen@wweo.com](mailto:karen@wweo.com) 613-725-1225, ext. 311.
- The Eastern Ontario Coordinator is Janet Palmer, [janetp@wweo.com](mailto:janetp@wweo.com) 613-725-1225, ext. 310.
- Ask for an Information Package and see how easy it is to bring Weight Watchers right to your doorstep!
- When you coordinate an At Work Meeting, you receive discounted pricing, as well as the convenience of having a meeting right at your workplace.