



## Weight Watchers® is on an exciting journey.

We'll always help people lose weight, but now we're embracing a new mission to become the world's partner in wellness.

We are welcoming everyone who seeks to be healthier, not just manage their weight. No matter what your goal is—to lose weight, eat better, move more, develop a more positive mindset, or all of the above—we will bring you the science-based programs, tools, and experiences that work and fit into your life.

You'll see innovation in everything from our app to our new rewards program, **WellnessWins™**.

As a reflection of our new mission, we are moving from Weight Watchers to WW—and we are introducing a new tagline that you will begin to see: Wellness that Works.

### Sign up and get access to these great features:

- 1 **Wellness Workshops** (formerly Meetings) or **Digital** (formerly OnlinePlus) let you choose the membership option that works best for your life.
- 2 **Connect**—our social platform, makes you part of our super-supportive online community.
- 3 **More than 4,000 healthy recipes** give you so many delicious ways to love what you eat.
- 4 **New expert, exclusive mindfulness content**
- 5 **Fun ways to approach fitness**

### Join WW today!

Thursdays Noon-12:30 (Check in starts at 11:45)

2051 Kaen Rd, Oregon City Public Services Bldg. Room 288

Full Cost of 32 week series is \$268. County employees/partners/adult children under 26 pay **\$134** to WW and the County Wellness Program pays the balance. Payment options: check (payable to WW), cash or major credit card. Check payment may be split by writing 3 checks.

Can't attend in person? WW requires you to attend the first Workshop in person to pay, check in and receive your membership materials. After that you can attend any WW Workshop Studio location.

Current session runs through May 16<sup>th</sup>. Next session: May 23, 2019 – Jan 16, 2020 (No class on 7/4, 11/28 and 12/26)

Questions? [victoria.l.bredahl@weightwatchers.com](mailto:victoria.l.bredahl@weightwatchers.com) , [wellness@clackamas.us](mailto:wellness@clackamas.us) or 503.655.8550

## Wellness that Works.™

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

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