



weightwatchers

**Weight Watchers® works
wherever you work**

Take off! And watch the weight come off with Weight Watchers. Our new **Beyond the Scale** program helps you eat healthier and stay active even when you are on the go. In fact, **Weight Watchers members lost 15% more weight** in their first two months following the new Beyond the Scale program than those who followed the previous program.*

**Beyond
the Scale**

Embrace

new habits,
and bring them anywhere

Ready, jet, go. Sign up today.

TIME: **Every Tuesday 11:30-12:00**

LOCATION: **Hoover Building, Level A – Conference Room 8**

CONTACT: **Jennifer Morrison ~ Jennifer.morrison2@iowa.gov
for additional details**