

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.

University Enterprises, Inc., (UEI)
is the host to a Weight Watchers at Work program on the CSUS campus.
Join us at one of the upcoming informational / renewal sessions:

Friday, 5/1 and 5/8

11:45 AM – 12:45 PM

UEI Board Room, 3rd floor Bookstore Building

Contact Nancy Blanton at (916) 278-7006 or Nancyb@csus.edu for more
details on the program / series dues etc.

You've got nothing to lose except weight!

*Available in participating areas only. Minimum enrollment required.

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 **Weight Watchers®**

Stop Dieting. Start Living.