Find a new beginning with Weight Watchers

January 17, 2014

Join Weight Watchers any time! The new year is ready for a new you.

Be Colorado, the wellness component of your CU Health Plan, and Weight Watchers invite you to join your colleagues and a Weight Watchers leader for an at-work meeting. Learn how Weight Watchers helps you set your goals and achieve them with plans designed to help you start losing weight right away.

Each meeting is led by someone who has succeeded on Weight Watchers. Meetings feature weekly topics to keep you in tune with what you're trying to accomplish along with positive people and confidential weekly weigh-ins to keep you on track.

At work or on the go, Weight Watchers gives you two ways to reach your weight-loss goals:

Enrollment Costs

- Weight Watchers meetings with monthly pass: $17.17
- Weight Watchers Online: $7.57

There is no better time than right this minute to start living healthier and happier.

See a current schedule of at-work meetings [1] along with additional information about Weight Watchers plans.

Register now at wellness.weightwatchers.com [2].

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Intro:
Join Weight Watchers, the latest benefit offered by CU, to get inspired by others just like you to reach your weight-loss goals.
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