



Weight Watchers at Work

Join Now! You'll be glad you did!

New session begins just in time for that New Year's resolution.

First meeting will be held on January 13.

Not sure? Come to a **FREE** trial session January 6th, 12:30-1pm in the Chamberlain Room at the Metropolitan Airports Commission General Offices at 6040 28th Avenue South, Minneapolis.

Meetings are every Tuesday at 12:30 at the General Offices. Other locations may be available with the required participation.

Contact Kathy Fisher at Kathy.fisher@mspmacc.org or 612-726-8158

Payment to Kathy Fisher

Free Activity Monitor if paid by December 27! (\$70 value)

Eat Real Foods!

Health Benefits-
Lose Weight
Lower Cholesterol
Lower Blood Pressure
Have More Energy
Feel Great!

Includes meetings and eTools

Support of your coworkers!

It's all free when you reach your goal!

Sponsored by



ONLY \$156 PER 12 WEEK SESSION
\$13 PER WEEK TO IMPROVE YOUR HEALTH AND CHANGE YOUR LIFE!