



Dreading the Holiday weight gain?



Wish you had more energy to go holiday shopping?

Tired of carrying extra pounds around?

Don't wait until January to set health resolutions in motion - begin now!
Attend the **WSU At-Work Weight Watchers Open House** on Tuesday,
November 18 at 12:00 pm - Heskett Center, 2nd floor, Room 206.

Learn how you can eat foods like these and still lose weight. If you're ready to make a change, we can help!

