



weightwatchers
reimagined



Why join WW? Because it works.

We've helped millions lose weight for decades with the latest nutritional and behavior change science, and our evolution helps us serve our mission to become the world's partner in wellness.

You'll see innovation in everything we do. Start with our updated and easy-to-use app, filled with exclusive content from our partners. Our newest and easiest plans will help you reach your goals in a personal and supportive atmosphere. And our popular rewards program, **WellnessWins™**, recognizes your healthy habits with "Wins" you can redeem for products and services. They're all included with membership.

Sign up for WW (Weight Watchers® Reimagined) and get access to these great features:

- 1 Our **flexible membership plans** meet you where you are and let you choose the option that works best for your life, with convenient Workshop locations and our Digital tools.
- 2 **Connect**, our members-only social platform, makes you part of our super-supportive and safe online community.
- 3 **More than 5,000 delicious recipes, restaurant items, and barcode-scannable foods are at your fingertips in our database.**
- 4 Our partner **Headspace®**, a global leader in mindfulness and meditation, delivers curated content to our app.
- 5 We've also included on-demand audio fitness instruction, led by our partner **Aaptiv's** expert personal trainers.

Join WW today!

Sign up for WW by going to <https://beingwell.yale.edu/weight-watchers> Choose Digital + Workshops membership, print your member card, and come to the Workshop at **333 Cedar Street, SHM B201, Giarman Room, Every Tuesday at 12noon!** *Yale University employees receive subsidized rate!*

Did someone refer you? **FREE** cookbook for both of you! ww.com/invite (Valid through end of 2019)
Ask if there are any promotions for new members, they happen throughout the year!

Questions? Email BeingWell@yale.edu

Please note: WW Workshops available in participating areas only. Minimum enrollment required to start WW Workshops in the workplace.

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Wellness that Works.™