

Highlight of the Month

National Diabetes Awareness Month

At least 1 in 3 Americans are prediabetic, yet 84% of them don't know they have it. Awareness is key in non-pandemic times, and even more so now.

To help you make achievable, healthy lifestyle changes that reduce the risk of developing type 2 diabetes, WW delivers a CDC-approved curriculum as part of the National Diabetes Prevention Program. [Learn more here!](#)

With [Connect Groups](#) such as "Living with Diabetes" and "Living with Prediabetes," WW members just like you are here to support you through every step of your wellness journey.



Support on your wellness journey

Give yourself the gift of wellness.

Join WW now and get a FREE Starter Kit, packed with products to help you reach your goals.

Plus, over \$40 worth of coupons included with your kit!

After signing up, redeem for your kit by 12/26 at [WW.com/us/atworkgift](https://www.weightwatchers.com/us/atworkgift)



Recipe of the Month

Soft turkey tacos with smoky tomatillo salsa

6 4 4 SmartPoints® value per serving

Thanksgiving is just a few weeks away - a time for family, friends, feeling thankful and plenty of leftovers. Don't let it go to waste - [repurpose your turkey with this tasty recipe.](#)

We wish you a happy and safe Thanksgiving to you and yours!



Start your wellness journey today!

Visit [WW.com/us/CommonHealth](https://www.weightwatchers.com/us/CommonHealth). All Commonwealth of Virginia employees, spouses, and adult dependents (18+) are eligible for an upfront 50% discounted WW membership.