
Stress levels are high these days, but that doesn't need to stop you from reaching your wellness goals.

Let WeightWatchers help you manage your feelings without reaching for food and break emotional-eating cycles with the **FREE WW Guide to Tackling Emotional Eating webinar** on Thursday, August 18 at 10:30 AM.

Register [here](#) to learn:

- Why emotional eating occurs
- New ways to manage stress so that you don't turn to food
- How WW can help you lose weight while eating what you love

All benefit eligible employees, spouses, and adult dependents get an exclusive discount of 50% off the retail price of WW membership and can join now for as low as \$8.48 per month.* Sign up at [WW.com/us/CommonHealth](https://www.ww.com/us/CommonHealth).

Join WW by August 31 and get a WW Shop credit to help you kick-start your wellness journey.† Use it on cookbooks, snacks, kitchen tools, and more!

Are you a WW member paying the full retail price per month? Sync your WW account to get this discount. Call WW at 866-204-2885 and provide access ID 63569.

*The Special Monthly Pricing and The Commonwealth of Virginia discount per month are not open to retirees, their spouses and dependents, wage employees or The Local Choice members. "As low as" price reflects WW Digital plan for Commonwealth of Virginia employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel, your employment with your organization terminates or the agreement between your employer & WW terminates. Offer available in participating areas only.

†\$25 shop credit + shipping on us offer terms: You must purchase a WW membership plan between 7/1/22 and 8/31/22 to get a \$25 WW Shop Credit that can be used at the WW Shop at [WW.com/shop](https://www.ww.com/shop). You will receive the credit via email within 5 to 7 days of signup. Available only where membership plans are offered through your employer or health plan, and in participating areas only. One per member. Credit must be redeemed by 9/30/22. Some products may be excluded. Free shipping is applicable on standard ground shipping to a single continental U.S. delivery address only. Offer not available to current members. Non-transferable. Offer is subject to change without notice.