



## Food for thought: What if losing weight felt easier?

Weightwatchers' simpler program can make life feel like just that – easier! Here's how:

- **Food is meant to be enjoyed.** WeightWatchers will help you make small, smart swaps while still enjoying your favorite food and never missing out on occasions. No “on a diet” feelings here.
- **Fad diets can be restrictive, but not us!** Our program is designed to include the foods you love and teach you moderation.
- **Support is everything.** Every WeightWatchers member gets 24/7 coaching and a community in our app. While your journey is your own, you're never alone.



## Nostalgic 90s recipes

Your favorite **copycat recipes** from growing up, but better for you!

## Get WeightWatchers for a discount off

### the retail price!



All benefits eligible employees, spouses, and adult dependents get an exclusive discount of 50% off the retail price and can join now for as low as \$8.48 per month. Sign up at [WW.com/CommonHealth](http://WW.com/CommonHealth) The Special Monthly Pricing and The Commonwealth of Virginia discount per month is not open to retirees, their spouses and dependents, wage employees or The Local Choice members.

Plus, join by 2/28 and get a **FREE WW Bluetooth® body scale!** The best part? It auto syncs to your WW app.