

OR 3910

August 21, 2001

SUBJECT: WEIGHT WATCHERS AT WORK

On Tuesday, September 11, 2001, from noon to 1 p.m., an open information meeting of the Weight Watchers at Work Program will be held in Room B-08 of the Federal Building. This is the final meeting of the 12-week summer session, and it is open to all Federal and contractor employees who would like to learn more about this safe weight reduction program.

A new class will be held beginning September 18, 2001, from noon to 1 p.m, contingent on receipt of fees from at least 15 individuals by Monday, September 17, 2001. The charge for the class will be \$115 for new/rejoining members; \$105 for continuing/current members; and \$90 for lifetime members. Members may choose to pay the entire fee at one time or pay half their membership fee with a check dated September 17, 2001, and the remaining balance with a second check post-dated for 4 weeks later (October 16, 2001). Those individuals interested in attending the class should bring a check, made out to Weight Watchers, to the Employee Health Station, Room 1207 of the Federal Building, by Monday, September 17, 2001.

Many of our employees have found this program to be a helpful means of achieving weight reduction. The average weight loss is one to two pounds per week. A wisely selected and implemented weight loss program aids in lowering blood pressure as well as reducing the risk of death from heart attack or stroke. Questions regarding the Weight Watchers at Work Program may be directed to Iris Housley, RN, BSN, at 576-0682 or Dana Hatmaker at 576-5973.


Melanie M. Kent, Chief
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Analysis Branch