

OR 3910

March 4, 2002

SUBJECT: WEIGHT WATCHERS AT WORK PROGRAM

An open informational meeting of Weight Watchers at Work will be held from noon to 1 p.m. on March 19, 2002, in Rooms B-04 through B-08 of the Federal Building.

During the current 10-week series, which began on Tuesday, January 15, 2002, members have lost 322.8 pounds! This brings the grand total of weight lost for Oak Ridge Operations Federal and contractor employees, since the beginning of this program in January 2001, to 1,351 pounds.

The Weight Watchers Program is a safe, effective way for many individuals to reduce weight. To continue offering this program in the workplace, fifteen individuals must register and pay dues by March 25, 2002. The class will continue for 10 weeks. 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 March 26, 2002, and the remaining balance with a second check post-dated for 4 weeks later. Individuals interested in attending the class should bring their checks, made out to Weight Watchers, to the Employee Health Station, Room 1207 of the Federal Building, no later than March 25, 2002.

Questions may be directed to Iris Housley, RN, BSN, at 576-0682 or Dana Hatmaker at 576-5973.



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