

OR 3910

November 28, 2001

SUBJECT: WEIGHT WATCHERS AT WORK PROGRAM

The current Weight Watchers at Work Program will continue each Tuesday through December 4, 2001, from noon until 1 p.m. On December 11, 2001, a 3-week "bridge series" will cover December 11 and 18, 2001, as well as January 8, 2002. The January 8, 2002, session will be an open meeting for visitors, members, and prospective members; it will be held in Room B-12. Fees for the "bridge series" will be \$45 for new/rejoining members; \$30 for continuing/current members; and \$24 for lifetime members.

The winter class will begin on January 15, 2002, from noon to 1 p.m., contingent on receipt of fees from at least 15 individuals by January 14, 2002. This 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 January 14, 2002, and the remaining balance with a second check post-dated for 4 weeks later. Individuals interested in attending the class should bring check(s), made out to Weight Watchers, to the Employee Health Station, Room 1207 of the Federal Building, by January 14, 2002.

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
Personnel and Management
Analysis Branch