Weight Watchers

ON-SITE

A convenient, on-site program that makes it easy to participate!

(Minimum enrollment of 15 is required for this program to be offered.)

Potential **$75** reimbursement from the College for attendance and goal attainment.

ON-LINE

Not a meeting-kind-of-person? The on-line program might be for you.

Potential **$25** reimbursement from the College for goal attainment (and you can weigh in weekly at home or at Health Services).

ST. NORBERT COLLEGE
DE PERE, WISCONSIN

WANT TO LEARN MORE?

On-Site Weight Watchers at Work program:

- See the Weight Watchers at Work flyer.
- Contact:
  Sarah Ryan – SNC's WW Leader
  extension 3019
  sarah.ryan@snc.edu

On-Line program:

Check out these Weight Watcher links:

http://www.weightwatchers.com/men/
http://www.weightwatchers.com/plan/apr/ways.aspx

On-line is a self-monitored program, but SNC Health Services will conduct weigh-ins for On-line program participants.

If you are interested in participating in the College's reimbursement program, you must complete the Reimbursement Enrollment Form and return to HR before you start the program.