



# CHANGE STARTS HERE

AT WEIGHT WATCHERS, YOU LEARN HOW SMALL  
CHANGES CAN LEAD TO BIG RESULTS SO YOU CAN  
LOSE WEIGHT AND KEEP IT OFF.

 Weight Watchers®  
BECAUSE IT WORKS.

**Experience Weight Watchers meetings right here in your workplace.**

**Sign up for an At Work meeting\* series today!**

Medina County Health Department

Monday, January 23, 2012

12:00 pm

Contact (Cindy) at (330-662-0463)

Or [cnamerow@medinahealth.org](mailto:cnamerow@medinahealth.org)