

JOIN OUR FALL 2024 WILKES WEIGHT WATCHERS GROUP

LOSE WEIGHT, NOT YOUR FAVORITE FOODS: 60 YEARS OF SUCCESS!

Experience in-person workshops with a supportive community.

Includes 14 Weekly Sessions beginning on Tuesday, September 24, 2024.

**Dates:** 14 Sessions on Tuesdays:

Sept. 24,

Oct. 1, 8, 15, 22, No workshop Oct. 29th,

Nov. 5, 12, 19, 26,

Dec. 3, 10, 17,

Jan. 7, 14, Make-up date if any cancellations: Jan 21, 2025

**Location**: SLC 259

**Program:** 12:00-12:15 pm: Check-in:

12:15: 12:45 pm: 30-minute Workshop

12:45-1:00 pm: Q&A

Participants may bring lunch to workshop.

***\*A minimum number of 10 participants will be needed to offer the workshop.\****

***To register: Contact at*** ***karen.baranoski@wilkes.edu*** ***or Cell Phone: 570-823-6877***

A single payment of $154.00 is due at the first workshop. Cash, check, or Visa/MasterCard only. No Discover/AmEx. Breaks down to just $11 a week! Wilkes will not be covering/reimbursing any portion of the fee for this offering.

**Also includes 14 weeks of the latest personalized digital tools!** A tailored APP for diabetics can help members make healthier food choices and compare blood sugar levels with eating patterns.

Participants will be able to count this as one of your wellness events toward your 2025 Open Enrollment incentive. Simply attend at least 3 full meetings and add to your Wellness Incentive Verification Form and submit.

Questions? Contact Weight Watcher Coach, Karen Baranoski @ 570-823-6877 (call or text)