

## Weight Watchers at Work

### "You Can Join at Anytime"

The knowledge and inspiration you get at Weight Watchers meetings can help you make positive changes to lose weight and keep it off. As a member, you will attend meetings once a week for less than an hour. Each week you will have a confidential weigh-in to help you track your progress. You also learn how to make wise food choices and the Weight Watchers approach to exercise. Fees apply.

#### University Park Campus

**When:** Thursdays

**Time:** 12:00 pm—1:00pm

**Where:** Gould School of Law  
Room 103



**Please RSVP with Andrea.**

**Call 213.821.2837**

**Email: [cwfl@usc.edu](mailto:cwfl@usc.edu)**



Call Nazeen Sayeed at 323 442-8354 for information about the HSC Weight Watchers at Work program.

**The Center for Work and Family Life (CWFL) is USC's faculty/staff assistance, work-life and wellness program. We have locations on both UPC and HSC campuses. All CWFL services are a benefit of employment at USC, strictly confidential, and completely free of charge.**

**For more information regarding the range of services we offer, please visit our website:**

**[www.usc.edu/worklife](http://www.usc.edu/worklife)**