



For more than 2 years, colleagues across the five boroughs have come together and lost more than **90,800 pounds** through participation in Weight Watchers. Here’s how some leaders across the city have made small changes that led to big results!



*"I feel better now that I don't have to drag 60 extra pounds around with me all day. My doctor, family and friends feel better now that I'm living healthier; and my success has motivated others at work to join our Weight Watchers group."*  
62 pounds lost\*

Artie Rollins, Assistant Commissioner,  
NYC Parks & Recreation

*"Before I joined Weight Watchers – for a third time – I suffered from chronic knee pain to the point where I could barely walk. Now I have pep in my step and energy to spare at the end of the day. I feel healthier, more confident, and walk long distances without pain or getting tired."*  
80 pounds lost\*

Sherry Gibson, Administrative Manager,  
John Jay College



*"On November 5, 2017, I officially became an NYC Marathoner! This is a journey and it's a journey filled with ups and downs. No one is perfect, but as long as you believe in yourself you will succeed. Thank you Weight Watchers for helping me find myself after 42 years!"*  
48 pounds lost\*

Tara Deckert, Commanding Officer, Grand  
Larceny Division, NYPD

Read Artie, Sherry and Tara’s full stories [add link](#). Join in their success by visiting <http://nyc.join.weightwatchers.com> to sign up today. Employees can take advantage of a subsidy that reduces the cost of membership by **more than 50%** off the regular membership price\*\*. Spouses/domestic partners, dependents (ages 18-26) and retirees† are also eligible for discounted pricing through the WorkWell NYC partnership with Weight Watchers – making health a family affair!

Weight Watchers Offering	NYC Employee Special Pricing
Meetings (Includes Online <b>Plus</b> ) at work or in your local community	\$15.00 per month
Online <b>Plus</b>	\$7.00 per month

### Find an At-Work Meeting near you!

There are currently **100** At-Work meetings happening throughout NYC!

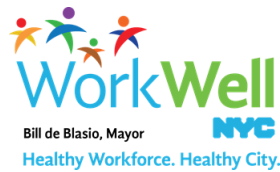
Visit <http://www1.nyc.gov/site/olr/wellness/wellness-atworkmeetings.page> to locate a meeting near you.

### Are you already at WW Member?

Invite a friend from work to join now through December 31<sup>st</sup> and you'll both receive a FREE 6-month subscription (3-issues) to Weight Watchers Magazine<sup>\*\*\*</sup>. The more colleagues you sign up, the longer the magazine subscription you'll receive. Visit [www.weightwatchers.com/us/invite](http://www.weightwatchers.com/us/invite) to send your colleague an invitation join.

### Do you have a success story to share?

We want to hear from you! Share your journey and be inspired by others using #WWorkWell in your Connect<sup>‡</sup> posts and WWorkWell in your Connect tagline.



[www.nyc.gov/workwellnyc](http://www.nyc.gov/workwellnyc) | | [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov)

\* People following the Weight Watchers plan can expect to lose 1-2 lbs/week.

\*\* The dollar value of this contribution/benefit will be included as taxable income to the employee.

† Spouses and dependents of retirees are not eligible for the subsidy.

\*\*\* Magazine Subscription: Joining member must purchase an At Work Meeting Series, Meetings + OnlinePlus or OnlinePlus subscription through current and joining members' employer or health plan in participating areas only by 12/31/18 and continue the Weight Watchers membership for at least 2 weeks. Referring member must have a current At Work Meeting Series, Meetings + OnlinePlus or OnlinePlus subscription enrolled through their employer or health plan that has been active for a minimum of 2 weeks. Joining member must not have had an active Weight Watchers At Work Meeting Series or Weight Watchers subscription for at least 1 month. Offer good for U.S. addresses only. First issue will arrive within 4-6 weeks after joining and current members receive emails confirming eligibility.

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