



**For every body**

**Whitney,** -26 lbs\*

\*People following the WW plan can expect to lose 1-2 lbs per wk.

## Wellness that Works.™

Get inspired to build healthy habits with our most livable program ever! WW Freestyle™ is proven to help people lose weight, sleep better, and feel happier.\*\* WW will bring you food, mindset and activity content, plus recognize and reward you for behaviors that drive success.

### Join WW today.

**When:** Tuesday evenings, 6 p.m. – 7 p.m.

**Location:** Friendship Missionary Baptist Church, 1707 Smiley Lane

**Contact:** WW Lifestyle Coach, Jennifer-Black-Cone [Jennifer.J.BlackCone@weightwatchers.com](mailto:Jennifer.J.BlackCone@weightwatchers.com)

**or Live Well by Faith Lifestyle Coach, Nia Imani 573.808.0720**

\*\*Six-month pre-post study on 152 participants, conducted by the University of North Carolina at Chapel Hill, Weight Research Lab. Study funded by Weight Watchers. Sleep data and happiness data reported by trial participants after 6 months on WW Freestyle based on the Pittsburgh Sleep Quality Index and the Oxford Happiness Questionnaire.

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