



At Work Program™

Watch Yourself Change™

Weight Watchers offers a program where they come to us! Join us for a FREE info meeting on January 12th at 12:30p at the Juvenile Detention training room. Please contact me to reserve your spot.

Did you know Weight Watchers is reimbursable under your AmeriFlex plan with an Letter of Medical Necessity? Please feel free to ask any questions you may have.

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898-7715

**Smart
Steps**

