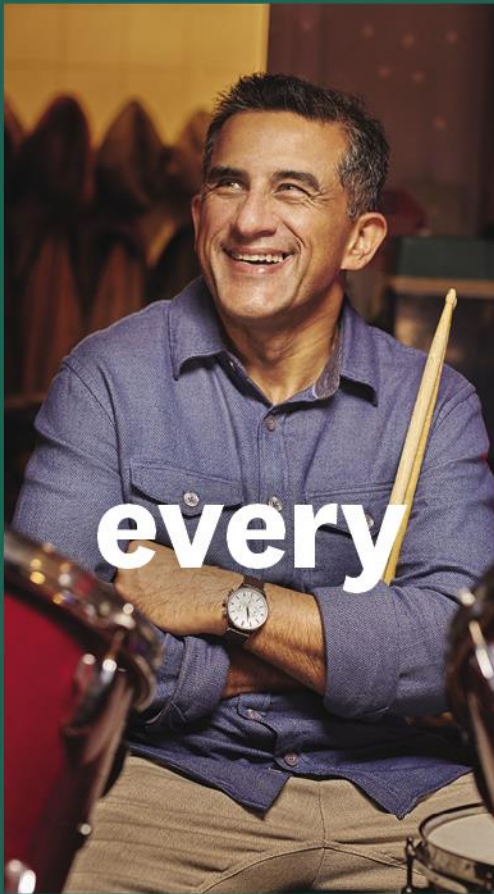




For



every



body

Wellness that Works.™

Join WW and experience WW Freestyle™, our most livable program ever! It's proven to help people lose weight, sleep better, and feel happier.* WW will bring you inspiring food, mindset and activity content, plus recognize and reward you for behaviors that drive success.

Start building healthy habits. Join us today!

Trinity College is proud to partner with WW to bring employees Wellness Workshops in the workplace

Employees can join anytime, the cost will be pro-rated

Date	Meeting Location	Time
2/22/2019	Wean Terrace Room C – Mather Hall	11:45 – 12:30
3/01/2019	Wean Terrace Room C – Mather Hall	11:45 – 12:30
3/08/2019	Alumni Lounge – Mather Hall	11:45 – 12:30
3/15/2019	Alumni Lounge – Mather Hall	11:45 – 12:30
3/22/2019	Alumni Lounge – Mather Hall	11:45 – 12:30
3/29/2019	McCook Student Lounge 309A	11:45 – 12:30
4/05/2019	McCook Student Lounge 309A	11:45 – 12:30
4/12/2019	McCook Student Lounge 309A	11:45 – 12:30
4/19/2019	Alumni Lounge – Mather Hall	11:45 – 12:30
4/26/2019	Alumni Lounge – Mather Hall	11:45 – 12:30
5/03/2019	Alumni Lounge – Mather Hall	11:45 – 12:30
5/10/2019	Alumni Lounge – Mather Hall	11:45 – 12:30

Contact: Human-Resources@trincoll.edu

Room locations are subject to change.

*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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