

**From:** owner-KULSFA-L@listproc.cc.ku.edu [<mailto:owner-KULSFA-L@listproc.cc.ku.edu>] **On Behalf Of** Faucher, Ola  
**Sent:** Thursday, September 17, 2009 4:02 PM  
**To:** kulsfa-l - KU Lawrence Staff, Faculty and Affiliates  
**Subject:** FYI - Weight Watchers at Work

Weight Watchers at Work is a component of our coordinated Lawrence campus wellness program. The program is co-sponsored by Student Health Services and Human Resources/Equal Opportunity. We wish to notify you that Weight Watchers at Work is beginning a new series.

The series will begin on October 8, 2009. The meetings will take place on Thursdays in the Crimson and Blue Room (second floor) of Watkins Memorial Health Center. Weigh-ins begin at 11:30 a.m. Meetings begin at 12:00 noon and end at 12:30 p.m.

**A FREE INFORMATION/REGISTRATION MEETING WILL BE HELD ON THURSDAY, OCTOBER 1, 2009, AT NOON IN THE CRIMSON AND BLUE ROOM OF WATKINS MEMORIAL HEALTH CENTER.** (Note: this is also the last week of the previous series, so current members will be weighing in that day. The weigh-in begins at 11:30 a.m. and the meeting will start at noon and will last 30 minutes. There is no obligation to join . . . Come check us out!)

WITH A MINIMUM OF 20 ENROLLEES, THE COST WILL BE \$175. You get 17 weeks of meetings and 19 weeks of free eTools.

OR

A minimum of 15 enrollees are required for these meetings, but we can start with 13 during this fall promotion.

13-week series for \$156.00+ 8 weeks of free eTools

15-week series for \$180.00+ 8 weeks of free eTools

Please feel free to contact Carol Seager, Director of Student Health Services, with any questions at 864-9525 or [cseager@ku.edu](mailto:cseager@ku.edu).

Carol Seager  
Director  
Student Health Services  
University of Kansas  
Watkins Memorial Health Center  
1200 Schwegler Drive  
Lawrence, KS 66045-7559  
(785) 864-9525 phone  
(785) 864-9526