



## How Weight Watchers works

Make smart choices second nature

Learn more about the new Momentum™ program▶▶▶

**Weight Watchers is Back!  
It is not too late...we still have room  
for you!**

**We have a special offer for those of  
you who are interested in signing up  
for the Weight Watchers at King's  
program!**

**Registration is open, contact  
[legginitwithleo@kings.edu](mailto:legginitwithleo@kings.edu)**

**The next session begins  
January 22-April 9 at 1pm**