

Weight Watchers at Work

Missouri S&T
136 Castleman Hall
65409

Phone: (573) 341-7504

This is a 13-week re-occurring course to address nutrition, physical activity and peer support. For those of you familiar with Weight Watchers, we follow a somewhat typical meeting schedule. E-tools are included in the session pricing, if you sign up within the first two weeks. We typically have one or two challenges going on at Missouri S&T to help you stay motivated and focused on healthy weight loss or maintenance.

The enrollment fee is \$156 for 13 weeks, join mid-session for prorated fee. The greater Rolla community is invited, and all faculty and staff who attend 12 of the 13 classes receive 25 percent reimbursement of enrollment fee. To enroll, show up.

Meetings are Fridays at Noon in Castleman 136 on the Missouri S&T campus.

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