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Southern Illinois University Edwardsville

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Adm: Pub: EB



PERSONNEL BULLETIN

To the Faculty and Staff of Southern Illinois University at Edwardsville

March 2, 1993

TO: University Faculty and Staff

FROM: Ed Leardi *EL*

SUBJECT: Weight Watchers "At Work" Program

Lose weight without losing your lifestyle . . . right here on campus. University Personnel Services, in conjunction with Weight Watchers, sponsors a special Weight Watchers at Work Program series for SIUE faculty, staff, and students.

Weight Watchers tailors its group service in a special 10 week series designed for the busy lifestyle of working people. With Weight Watchers, you'll learn how to eat the foods you love while losing weight. If you like to dine out, cook gourmet meals, take out something on the go, or pop a meal in the microwave oven, Weight Watchers will teach you how to lose weight eating normal, everyday foods.

The Weight Watchers at Work Series costs \$85 per person for the 10 week series. Students may join for \$50. For your payment convenience, Weight Watchers accepts split payment in the first week of the series. In other words, registrants may elect to provide two checks. The first check, in the amount of \$42.50, is dated with the series starting date. The second half of payment may be dated up to three weeks after the series starting date. This allows some participants to pay series fees from two different paychecks. Both checks must be provided to the Weight Watchers leader at registration, and each series requires a minimum of 15 people to start. The next Weight Watchers series on campus begins on March 17, 1993, and concludes on May 19, 1993.

Weight Watchers meets every Wednesday from 12:00 noon to 1:00 p.m. in the Cahokia-Kaskaskia Room in the University Center. If desired, you may bring your lunch to the meeting. Interested members may also join any series in progress for a pro-rata fee. Simply drop by at the weekly meeting time.

Join the hundreds of people who have lost weight with Weight Watchers right here on Campus, and the tens of thousands of people who have lost weight with Weight Watchers in the Metro-East area.

Please return the registration form by March 12, 1993, to Shrylene Clark, University Personnel Services, Box 1040. Do not include payment(s) for the program. Payment is to be made to the program leader on the first day of the program.

UNIVERSITY PERSONNEL SERVICES
WEIGHT WATCHERS "AT WORK" PROGRAM

Name _____ Department _____

Home Address _____ Dept. Telephone _____

City _____ State _____ Zip _____