

◆ **Weight Watchers Philosophy.**

What: Weight Watchers delivers a lifestyle modification program developed by healthcare professionals. Simply put, we translate science into a simple to learn, easy to follow program

How: Developed through role models in a weekly meeting environment with a wealth of tools and resources available to complement the program to support members.

Weight Watchers developed the "four pillars of healthy weight loss" (Food, Activity, Thinking Skills, Support) based on years of scientific research and analysis. Over 45 years of experience helping people lose weight has taught us that each element is equally important.

- Food-simple to learn, easy to follow food plan that leads to weight loss
- Activity – activity plan based on readiness to change. We meet our members where they are encouraging them to find activities they enjoy.
- Thinking Skills – Cognitive thinking skills that affect behaviors (i.e. stress management skills, self awareness, self talk)
- Support – learn to create and live in a supportive environment. Many people who have achieved sustained weight-loss with Weight Watchers tell us that they believe attending the meetings was the single biggest reason that they were successful.

All four of these are critical for long term success – not just one.

The Weight Watchers NEW Beyond the Scale Program delivers our most holistic and personal approach ever. We've taken our great program and made it even better with some exciting changes. The new program moves beyond what you weigh, so you can eat healthier, move more, live happier, AND lose weight.

1. New SmartPoints plan makes healthy eating simple: The new system goes beyond counting calories and encourages a pattern of healthy eating that includes more lean protein, less sugar, and less saturated fat.
2. New fitness approach that fits a busy life: You'll earn FitPoints for the activity you do and get a personalized goal to reach for.
3. Designed to help find fuel inner strength: We'll give you the support you need to start, the motivation to stay inspired, and the confidence to keep going.

Next Weight Watchers meetings:

See dates, times, and locations on next page. If you're not sure, please attend the open houses to learn more. You are always welcome to visit a current class.



Thursdays or Fridays at noon not convenient for you? Register and request the passbook sent to your home address. Then use your passbook to attend any Weight Watchers community meeting.

RED SOILS – THURSDAYS – January 2017 session

Time: Thursdays from 12:00 – 12:30 (Weigh-in starts at 11:45)

Place: 2051 Kaen Rd, Public Services Building, Room 288.

Class Dates: 17* sessions January 26 - May 18, 2017 *We are doing the 17-session model because weight loss is a journey, it's a better price per session, and less frequent registration.)

Cost: 17-week series of meetings is \$186. County employees/partners/children under 26 pay \$93 to Weight Watchers upon registration and the County Wellness Program pays the balance of \$93.

Please bring your \$93 check, payable to Weight Watchers. Cash and Visa/Mastercard also accepted. A payment may also be "split" so you write 2 checks by Jan 19th. One is cashed on week 1 (1/26), and one is cashed on week 5 (2/23).

Instructor: Vicki Bredahl, victoria.l.bredahl@weightwatchers.com

DOWNTOWN OREGON CITY – FRIDAYS

Previous session ended Dec 2, 2016. They are researching a 2017 session.

Former Time: Fridays from 12:15 - 12:45. Weigh in starting at 11:45 or after meeting.

Place: 821 Main Street, in the Holman Building Jury Selection Room on the 2nd floor

Dates: TBA

Cost: 13-week series of meetings is \$155.35. County employees/partners/ children under 26 pay \$78 to Weight Watchers upon registration and the County Wellness Program pays the balance of \$77.35.

Contact to Enroll: Shelly Tillman, Shelly.J.Tillman@ojd.state.or.us

Instructor: Shelley Anderson. e-mail: Anderson_Shelley@msn.com

All registration includes:

- subscription to Weight Watchers e-tools, on-line resource
- access to Weight Watchers mobile apps for smart phones including bar-code scanner
- access to attend unlimited meetings in the community

CONTACT FOR QUESTIONS AND RSVP

Current participants may RSVP to your Weight Watchers Leader, new participants may just show up at a meeting/open house and register on site. Questions? Tamra Dickinson, Department of Employee Services: 503.742.5471. tamradic@clackamas.us

Did you miss registration? You can sign up mid-class and your fee will be pro-rated. We appreciate registrations during the open house period because we need a minimum number of participants in order for Weight Watchers to provide a leader for our site.

