

Weight Watchers at MCC

Please join us for an
Informational meeting on Tuesday, September 14, 2010
in Room 6-413 from 1:00—2:00 p.m.



Too many summer barbecues?

Too many ice cream cones?



Lose those extra summer pounds in time for the Holidays.

(yes, they'll be here before you know it)

Join the Weight Watchers At-Work Group here at MCC!

Weekly meetings on Tuesdays at 1:00 p.m. beginning

September 21st in Room 6-413

17-week session for \$186 (a 3-part payment plan is available)

This includes 19 weeks of *FREE* eTools and a copy of the Weight Watchers book

"Basic Training: 10 Easy Cooking Techniques for a Healthier You!"

For further information, please call Debbie Ake at x3194 or
email: dake@monroecc.edu