




USNH Health and Wellness and UNH Human Resources is sponsoring a  at Work program starting in January 2010 on the UNH Durham campus. This program is open to all employees.

A WeightWatchers at Work program information & registration session will be held on **Wednesday, January 6, 2010** at 12:00pm in MUB Room 334. Come learn about WeightWatchers at Work and meet your program facilitator, Jane McGrath.

This 12 week series will run *every Wednesday* from **January 13th** thru **March 31st, 2010** in the MUB, from 12:00 – 12:45pm. The room locations vary so you are encouraged to view the [HR Training and Events Calendar](#) or check with the MUB Info Desk upon for room location. You can join at anytime through the series and your Weight Watchers fee will be prorated. WeightWatchers is also offering 8 weeks of eTools free when you purchase a 12-week at Work series.

DID YOU KNOW that WeightWatchers is one of many covered health/wellness education programs for **USNH Harvard Pilgrim** members that can reimburse you up to \$200 per calendar year? For more information on this program and other USNH Health and Wellness programs please visit: <http://www.usnh.edu/hr/health-wellness/get-active.html> or call UNH HR at 862-0501.