



**weightwatchers**  
**ARIZONA**  
DEPARTMENT OF ADMINISTRATION  
BENEFITS  
your new beginning starts here

# At Work Meetings

A convenient setting for *support* and *motivation*.

Having meetings right in the workplace can help create a supportive environment, which can help your employees reach their health and weight goals. That's why Weight Watchers brings meetings to you, so even the busiest can attend and stay motivated. Healthy employees lead to a healthier and happier workforce!

## At Work Meetings Provide:

- Practical guidance from an experienced facilitator who has lost weight with Weight Watchers.
- The advantage of group support with co-workers who understand the workplace environment best.
- Meetings are for both men and women.
- Confidential Weigh-Ins.
- \$126 per person for a 12 week series - that's a 19% discount for State employees.
- Suite of digital tools available free of charge.
- 15 pre-paid participants are required to start a workplace meeting.

**Support, convenience, and a scientifically proven approach – a winning combination for your employees and your organization.**

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**Contact [wellness@azdoa.gov](mailto:wellness@azdoa.gov)  
to find out how to organize a meeting at  
your workplace.**

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