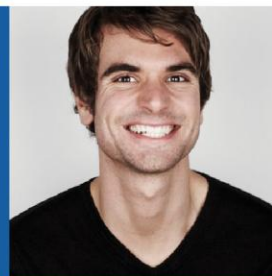


A GREAT WAY TO LOSE WEIGHT.

A GREAT DAY TO START.

FLEXIBLE SOLUTIONS TO HELP YOU REACH YOUR WEIGHT-LOSS GOALS.



WEIGHT WATCHERS MEETINGS WITH MONTHLY PASS*

- > Guidance from a leader and support from people like you
- > Convenience to attend At Work meetings** and unlimited local meetings
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- > Automatically renews each month

Available in participating areas only.

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- > Follow the plan at your own pace anytime, anywhere
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- > Automatically renews each month



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Contact: Christine Rein, Senior Events Manager

Phone: 201.346.7014 Fax: 201-346-7011

E-mail: cmr2146@columbia.edu



* Monthly payment is required in advance. You will automatically be charged each month in accordance with your company pricing until you cancel. Monthly Pass is sold in participating areas only; may not be accepted for local community meetings and/or At Work meetings in all areas.

** Available only in participating areas in the U.S. Minimum enrollment required to start an At Work meeting, minimum attendance required to maintain the At Work meeting.

† You will be automatically charged each month for your Weight Watchers Online subscription in accordance with your company's pricing until you cancel.

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