

Give yourself permission

Embrace your best you
—mind, body, and life

With WeightWatchers®
you can:

- Discover thousands of healthier recipes.
- Get on a roll with exercise tracking.
- Tame stress with guided meditations.
- Share the love with a 24/7 support squad.



Join WW through ChristianaCare for **\$9.75/month** on select plans.*

Learn more and sign up at [WW.com/ChristianaCare](https://www.weightwatchers.com/ChristianaCare)

Already a WeightWatchers member?

Call customer service at 866-204-2885 to sync your account.

*Pricing reflects the cost of an eligible WW membership plan through your organization. If your membership includes a monthly payment, it is required in advance. You'll be automatically charged each month, if applicable, in accordance with company pricing until you cancel. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.

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