

Weight Watchers

Join us!

Don't wait for motivation, and forget willpower. Both are unreliable.
WeightWatchers® gives you tools that actually work.

- ✓ Science-backed strategies to help build healthy habits
- ✓ Expert coaches and a supportive community that gets it
- ✓ Proven results; WW is twice as effective as DIY*

**Join us in your Workshop
this week!**

**Saturdays 9am
The point,
Tadley,
RG26 4HN**

**Take the
first step**



Scan this code for more information and to start your journey and our current offers (Choose Premium membership to attend workshops!)

*DF Tate, et al, 12 month randomised multi-country trial comparing weight loss between the WW programme to a Do It Yourself approach where resource guides were provided. JAMA Network Open. Funded by WW International, Inc. WW Logo and Weight Watchers are the trademarks of WW International, Inc. ©2023 WW International, Inc. All rights reserved.