



# Weight Watchers

Our Four-Way Approach

Eat Smarter

Move More

Helpful Habits

Get Support

[Learn more](#)

A healthy – and holistic – way to lose weight

Weight Watchers developed the "four pillars of healthy weight loss" based on years of scientific research and analysis. And our 45 years of experience helping people lose weight has taught us that each element is equally important.

Attend Meetings at a convenient location near you:

- Syracuse, IN
- Kendallville
- Kent
- North Chili
- Brockport
- Grand Forks
- Frankenmuth
- Caro
- Coldwater
- Jonesville
- Bad Axe



**After participating for 8 weeks, you are eligible to receive 100 wellness points!**

For more information about the program you can:

- 1) Check out [weightwatchers.com](http://weightwatchers.com)
- 2) Look for information at your local office
- 3) Contact one of the following wellness representatives:

Amy Sweeney  
 Anne Stesny  
 Sue Franklin

Jill Sweeney  
 Nathan Duckert  
 Carol Nelson

Sue Ruiz  
 Sheila Judson  
 Lynn Almeter