



Weight Watchers Webinar Schedule



Weight Watchers at Work is a work/life wellness initiative sponsored by OPEDA www.opeda.org



Join OPEDA, the USDA's National Employee Organization at www.opeda.org

Weight Watchers at work has an existing USDA group you can join at a prorated amount. The current session runs through November 14th.

USDA South Building Room 6641

Stop by for more information **weigh in/info 11:45 Meeting 12:15-12:45**



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Below is a list of live, interactive webinars hosted by Weight Watchers in the next few months. Make sure to check them out!

When: Thursday, September 28th at 12:00pm ET (1 hour)

Topic: Weight Watchers Experience

Register Here: webinar.weightwatchers.com/r/WWExperience

When: Wednesday, October 18th at 12:00pm ET (1 hour)

Topic: Nutritious Food Design with Chef Ryan

Register Here: webinar.weightwatchers.com/r/NFD



When: Wednesday, November 29th at 1:00pm ET (1 hour)

Topic: A Transformation Story with Lisa Shaub

Register Here: webinar.weightwatchers.com/r/Transformation2

