

Weight Watchers program Thursdays at 12:15pm

Looking for a convenient weight management program during the noon hour? Weight Watchers has a weekly meeting on campus. Anyone on campus can attend. Continue reading for details:

- Day and time: Thursdays from 12:15 pm – 1 pm (Confidential weigh-in at noon)
- Location: 249 Bevier Hall (Bevier Commons)
- Who can join: Anyone on the campus
- Cost: Cost varies based on the length of the series. Newcomers can attend one free session as a guest. (Note: employees can be reimbursed by the State of Illinois if they meet their requirements. For more info go to <https://www2.illinois.gov/cms/benefits/StateEmployee/Pages/Weight-LossBenefit.aspx>)

For detailed information or to join contact Barb Vandeventer at vandvntr@illinois.edu or check our wellness calendar at <https://calendars.illinois.edu/detail/2074/33288875>