A healthier you starts with Workshops in the workplace

Wellness Workshops (formerly meetings) in the workplace make losing weight and/or forming healthy habits convenient. Our WW Freestyle™ program gives you even more freedom and flexibility to fit healthier choices into your lifestyle. And with hands-on weekly guidance from a Wellness Coach, you can stay focused on achieving your goals—whether you’re on or off the clock.

Benefits of Workshops in the workplace

1. Convenient Workshop location
2. Personalized food, fitness, and mindset goals
3. Digital tools to make tracking food, activity and weight easier
4. Power of shared learning strategies from people with similar challenges and encouragement to keep going

As a UW employee, you’re offered a discounted rate of $44.95 for your monthly pass, provided you register using the link below.

To learn more and enroll today, visit https://wellness.weightwatchers.com and enter: Employer ID: 22388  Employer Passcode: WW22388