



A happier, healthier life starts here.

Kent State is committed to helping you reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—by offering the WW offerings listed below. Join WW, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, **WellnessWins™**.

There has never been a better time to join WW!

Choose the plan that's right for you	Digital	Digital + Workshops
Retail price per month	\$19.95	\$44.95
Easy-to-use app and website Track your food, activity, and weight any time with our digital tools.	*	*
Endless food options With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	*	*
Encouragement from a vast online community Keep in touch with other members on their weight-loss journeys and share tips, tricks, and ideas with each other.	*	*
Motivation from others with similar goals Share your journey with fellow members through weekly in-person workshops.		*
Insightful coaching from a WW expert Get strategies from someone who's been in your shoes and lost weight.		*

Plans automatically renew monthly. See below for details.

***Who is eligible?** All employees, family members, and KSU students are eligible for the WW offerings.

To purchase either of these WW offerings, or for more information, visit <https://wellness.weightwatchers.com>, and enter **Employer ID: 20894**

For questions or assistance registering, please call the **Weight Watchers Wellness Hotline** at **866-204-2885**.

This program is another valuable offer of the Kent State Employee Wellness Program, *Wellness Your Way*, which encourages employees and our KSU community to “make yourself and your health a priority.” For more information about Kent State’s employee wellness program, visit <https://www.kent.edu/hr/benefits/wellness> today!

Kent State WW meetings take place each Wednesday from noon – 1 pm in the Kent Student Center, Room 303.

Digital subscription: Pay \$19.95 today for your first month. Plan automatically renews monthly thereafter at \$19.95 until you cancel.
 Digital + Workshops subscription: Pay \$44.95 today for your first month. Plan automatically renews monthly thereafter at \$44.95 until you cancel. Sold in participating areas only; may not be accepted for local workshops and/or Workshops in the workplace in all areas. Minimum enrollment and participation required to start and maintain Workshops in the workplace.
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