



**weightwatchers  
reimagined**

# Ready for a fresh start this fall?

**Hit reset on your weight loss.**

Everyone's weight-loss needs are different. That's why WW's science-backed program, *myWW*<sup>™</sup>, is customized to make losing weight **easier for you.**

- **Eat what you love** with our 8,000+ tasty recipes.
- **Track food, activity, and sleep** in our award-winning app.
- **Find inspiration and connection** in our members-only online community.
- **Get total support** with 24/7 Coach access, curated meditations, and virtual workouts.

**FREE\***  
with your membership



While supplies last. Kit contents may vary.

Purchase a WW membership plan between **September 1 and September 19** and get a **FREE WW Starter Kit** (over \$80 value)!\*

## Join now to build healthy habits and start losing weight!

**Step 1** | Sign up for WW by Contacting Mary Nagle – [mary.nagle@asburyseminary.edu](mailto:mary.nagle@asburyseminary.edu) or (859) 858-2311. She'll provide you with the URL, Access ID and your personal Unique ID needed to sign up.

**Step 2** | After signing up, you must redeem your WW Starter Kit by going to [WW.com/atworkstarterkit](http://WW.com/atworkstarterkit). Complete this step by October 3. Need help signing up or redeeming your kit? Call WW Customer Service at 866-204-2885.

\*FREE STARTER KIT OFFER: To get a free kit, you must purchase a WW membership plan between September 1 and September 19. Available only where WW membership plans are offered through your employer or health plan, and in participating areas only. One kit per member. Kit must be redeemed by October 3. While supplies last. US addresses only: no P.O. boxes or APO/FPO boxes. Please allow at least 3 - 4 weeks for delivery. Offer not available to current members. Offer may be revoked at any time and may not be redeemed for cash. Non transferable. Void where prohibited.  
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