

weightwatchers

Join Weight Watchers for FREE

We are offering Plastek Employees and their spouses a FREE membership to Weight Watchers.

Meetings are:

SMD - Monday at 11:30am 2nd Floor training room

and

CPD - Thursday at Noon Deco Conference Room.

Employees/ Spouses may attend any session at the Weight Watcher Center but they must sign up through Plastek.

Employees/ spouses must attend 75% of the sessions. If the required number of sessions is not met the monthly fee will be payroll deducted. A waiver must be signed at the time of joining.

Employees / Spouses who meet the Plastek Healthy Weight Index do not qualify for the free membership.

Losing 10% of your weight can lower your blood pressure; decrease your cholesterol and glucose levels.

Call ext. 5430, 5440 or 5455 for details.