

UNIVERSITY OF WINDSOR

EMPLOYEES



**Yes, you can attend your workshop from anywhere!**

**This SPECIAL 12-Week AT WORK pass is NOW \$75**

**[CLICK HERE TO REGISTER & START TODAY!](#)**

**Healthy habits are more important than ever. We offer each member a customized weight-loss plan, the latest nutritional & behavioural science to build healthy habits for life, plus ...**

## **Virtual WW Workshops**

Members get the support, motivation, and information they need to get healthier via Zoom workshops. It allows them to interact with their WW Coach and other members. These sessions are held every day of the week, at various times throughout the day, making it easy for members to fit in workshops at their convenience.

## **A Full Suite of Digital Tools**

Everything from our award-winning app, where members can look up foods, recipes, scan menu with our barcode scanner, exercise, and track what they've eaten to our own social media platform, Connect, it's all there in one app.

## **Personal Accountability**

Even though the number on the scale is just one way to gauge progress, we offer a way for members to self-report their weight and send it to us weekly. They can even request a personal one-on-one phone call with a WW Coach if you want added support!

[For more motivation, CLICK HERE!](#)