



Weight Watchers at Work Schedules

Visit: <http://www.rochester.edu/working/hr/wellness/enroll/> to find the online enrollment.

FALL-WINTER WEIGHT WATCHERS PROMOTIONS

"Savings for Success"

17-week Session for ONLY \$175 ~ In addition, employees who enroll in the 17-week series also receive 19-weeks of Weight Watchers eTools for free!

Session 439-

Location: URMC

(Wilmot Cancer Center)

Date(s): *Every Thursday* (morning)

Time: 7:00-8:00am

Room(s):

9/03/09— 1-8513

9/10/09-10/01/2009—ACF-A 2-1322

10/08/09— 1-8513

10/15/09-12/17/2009—ACF-A 2-1322

12/24/09— 1-8513

12/31/09—ACF-A 2-1322

Session Start Date: 9/03/09

Session End Date: 12/31/09

Contact: Lynn Levandowaski

Lynn_Levandowski@URMC.Rochester.edu

Session 440

Location: URMC

Date(s): *Every Thursday*

Time: 11:30-12:15

(You may weigh in after mtg. at 12:15)

Room(s):

10/22/09— 2-7545

10/29/09—ACF-D 2-1359

11/05/09—2-7539

11/12/09— ACF-D 2-1359

11/19/09—2-7539

12/03/09—1-9525 Northeastern

12/10/09—ACF B 2-1318

12/17/09-12/31/09— 2-7545

Session Start Date: 10/08/09

Session End Date: 1/28/10

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Fall-Winter 2009



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Session 441-

Location: URMC

Date(s): *Every Wednesday*

Time(s): 11:30-12:15

(You may weigh in after mtg. at 12:15)

Room(s):

9/16/09— 2-7545

9/23/09-9/30/09— B-7618

10/07/09— 2-7545

10/14/09-10/28/09— B-7618

11/04/09-11/11/09— 2-5752

11/18/09— B-7618

11/25/09— 2-7545

12/02/09-12/09/09— B-7618

12/16/09-12/30/09— 2-7545

Session Start Date: 9/23/09

Session End Date: 1/14/10

Session 442-

Location: URMC

Date(s): *Every Tuesday*

Time: 11:30am-12-15pm

Room(s):

ACF D 2-1359 & ACF C 2-1361

Session Start Date: 9/15/09

Session End Date: 1/26/10

Contact: Christine Brower

Christine.Brower@URMC.Rochester.edu

Session 443-

Location: Corporate Woods

Date(s): *Every Thursday*

Time: 12:30-1-15pm

Room: 30 Corporate Woods

Session Start Date: 9/17/09

Session End Date: 1/28/10

Contact: Maureen Magee

Maureen.Magee@URMC.Rochester.edu

Session 444-

Location: River Campus
(UHS Building)

Date(s): *Every Thursday*

Time: 11:50am-12:40pm

Room: UHS Building, Classroom 220

Session Start Date: 10/29/09

Session End Date: 1/21/10

(12-week session)

Contact: Jan Callens

jcallens@uhs.rochester.edu

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Fall-Winter 2009