



## Exciting Weight Watchers News for Virginia Tech Employees!

Welcome to the Weight Watchers At-work concept. Below are some links to access more complete information. The State 50% reimbursement is still available.

Come to a meeting anytime to see what the talk is all about!

Career Services \* NEW SERIES STARTING AUGUST 13, 2009

Career Services Building 2<sup>nd</sup> Floor

Wednesdays, 12:15 PM

Leader: Angel Chadwell

Site: <http://www.freewebs.com/ww4vt/>

Southgate, Personnel Services \* NEW SERIES STARTING AUGUST 20, 2009

136 Southgate (Level 1)

Thursdays, 11:50AM

Leader: Lesia Linkous, [lesiar@vt.edu](mailto:lesiar@vt.edu)

Site: [www.vthappyeat.blogspot.com](http://www.vthappyeat.blogspot.com)

Want to start your own series? GREAT!!! If you are interested in starting a series at your office, please visit the State Website: <http://www.dhrm.virginia.gov/weightwatchers.html>, or contact Lesia or Angel for assistance.

NOTE: Employees who participate in or are eligible for state benefits can now be reimbursed at 50% for the cost of Weight Watchers sessions. "Click Here" (the link is: [http://www.dpt.state.va.us/genlbenefits/weightwatchers/DHRM\\_WeightWatchersReimbursementForm.pdf](http://www.dpt.state.va.us/genlbenefits/weightwatchers/DHRM_WeightWatchersReimbursementForm.pdf)) for the reimbursement form (to be completed and submitted at the end of the meeting session). Complete information about the State reimbursement program is available at: <http://www.dhrm.virginia.gov/weightwatchers.html>.

**Weight Watchers, Stop dieting, Start living.**