



Highlights of the Month

Celebrate Black History Month

Dedicated to helping everyone live their healthiest life, we're celebrating the Black community in a range of ways. Join us!

- Explore [WW's Homecoming cookbook](#), featuring flavors of the American South, Africa, Caribbean, and beyond.
- Support [Black-owned businesses](#) in the WW Shop
- Get inspired by Gospel-singer [Tamela Mann](#).
- Check out the Black Women's [Connect Group](#).



Heart Health Month

February is Heart Health Month! Adopting heart-healthy habits are important at any age as heart disease continues to be a leading cause of death in the U.S. for both men and women. Here are [10 simple lifestyle tips](#) for a healthy heart!

Kick start your wellness journey

Don't miss this exciting offer!

Join WW by February 28 and get a FREE Unstoppable Kit with your membership! Get a sneak-peek of all the kit has to offer [HERE](#).

Once you've signed up, redeem for your Kit by March 14 at ww.com/unstoppable.



Recipe of the Month

Dark chocolate cherry cheesecakes

7 6 6 SmartPoints® value per serving ⓘ

[This heart-healthy dessert](#) is a perfect Valentine's Day sweet treat for you to easily whip up!



Feeling your best starts now!

OEBB is covering 100% of WW membership costs for anyone enrolled in an OEBB medical plan. Sign up at OEBB.WW.com