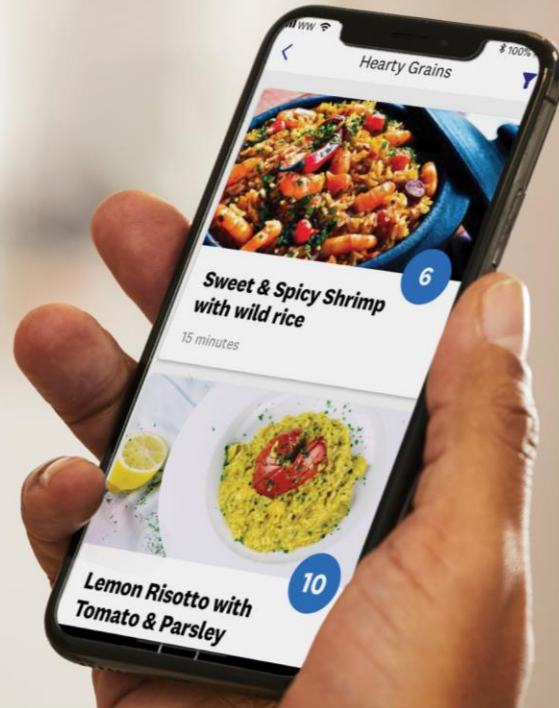




weightwatchers
reimagined

WEBINAR



Building Your Plate

During this webinar,

- 1** Learn how to build a meal and find right-for-you portion sizes
- 2** Discover tips for measuring and portioning plus engaging family members
- 3** Engage family members including teens and kids

You're invited!

Thursday, March 11, 2021 at 10:00 AM PT via Zoom

Click [here](#) to register today.

Everyone is welcome! Available for WW members and non-members.

Employees, spouses, and dependents enrolled in an OEBB medical plan can sign up for a WW program at NO COST to you. Visit OEBB.WW.com to learn more.