



Employee Assistance Program

Uptown Campus

Weight Watchers® At Work Program

Ready to get on the path to weight-loss success?
EAP must enroll at least 20 employees for this program to take place.

BASIC DETAILS

- 12 week non-refundable program - 45 minute sessions once a week
 - \$144 per person - cash, check or credit accepted
- Can make split payment- 2 checks for \$72 given at time of registration. First check deposited after 1st session/second check deposited after the 3rd session
 - Make check payable to Weight Watchers
 - Send or drop off payment at the EAP office - MSC # 200

Program Details

Wednesdays* 11:30am-12:15pm

(11:30-11:45 weigh-in/11:45-12:15 meeting)

No group on July 16th

Program Dates: May 7 – July 30

Meeting Location: Humanities Bldg Room #290

Deadline to register & make payment is Wednesday, April 30th

Contact: Brenda Seckerson, EAP Coordinator, MSC # 200

bseckerson@uamail.albany.edu 442-5483

Or, register online - www.albany.edu/eap

Employee Assistance Program-sponsored events are open to UAlbany & Research Foundation faculty, staff, family members, retirees and GSEU members.