



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 17-week program to take place.

BASIC DETAILS

- 17-week non-refundable program ~ 45 minute sessions once a week
 - Participants will receive Free E-Tools to use!
 - \$186 per person ~ cash, check or credit accepted
- Can make split payment~ 3 checks for \$62 given at time of registration. Deposits will be made one month a part starting Week # 1
 - Make check payable to Weight Watchers
- Send or drop off payment to the EAP office – MSC # 200

Program Details

Wednesdays 11:30am-12:15pm

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

Program Dates: August 6 – November 26th

Meeting Location: Humanities Bldg Room #290

Deadline to register & make payment is Wednesday, July 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.