



Employee Assistance Program

Uptown Campus

12-Week Weight Watchers® At Work Program

Ready to get on the path to weight-loss success?

EAP must enroll at least 15 employees for this 12-week 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 one month later
 - 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: Sept. 2nd – Dec. 2nd*

***No group on Nov. 11 & Nov. 25**

Meeting Location: Humanities Bldg Room #290

Deadline to register & make payment is Monday, August 31st

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.