

## WEIGHT WATCHERS

Starting on January 1, 2006 a member may go to Weight Watchers if you are 10 years of age and older. To qualify for the program you must be:

- ✍ Excessively overweight or
- ✍ get a note from your doctor.

If you are between 10 and 17 years old, you must get a doctor's note. If you are 21 years of age or older you will pay one dollar each week.

Being overweight can cause health problems. Being overweight may make your other health problems worse. Weight Watchers teaches you to make better food choices. You will be able to talk with other people about losing weight. Before you try to lose weight you should always check with your doctor. Please call your doctor for advice.

You can call Weight Watchers at 1-800-651-6000 to get started and find out where to go.

No one is treated in a different way because of race, color, birth place, language, sex, age, disability or religion.

Call 1-877-883-2889 if you need a ride to your meeting. Please call at least 5 days before your meeting. Translation services are free to the members.

**To get help in another language, call one of these numbers :**

Language	Toll Free Number	Nashville Number
Arabic	1-877-652-3046	313-9840
Bosnian	1-877-652-3069	313-9382
Kurdish-Badinani	1-877-652-3046	313-9840
Kurdish-Sorani	1-877-652-3046	313-9840
Somali	1-877-652-3054	313-9894
Spanish	1-800-254-7568	227-7568
Vietnamese	1-800-269-4901	313-9899