

Spring 2008 Series Starts Soon!



Eligible Mason employees qualify for **50% off!** Turn over for details...

Mason's new **17-week session of WeightWatchers at Work** will begin on **Friday, January 18, 2008**

When: 11:30 am – 12:15 pm
Every Friday from January 18, 2008 through May 23, 2008

Cost: \$196 for the series

Pre-payment in 3 installments for the 17-week series is required.

—▶Members receive **FREE** etools (a \$12.95 value!) upon registration!

Where:

January 18 – Mason Hall, D3 A & B

January 25 – Research I, 161

February 1 – Mason Hall, D3 A & B

February 8 – Mason Hall, D3 A & B

February 15 – Mason Hall, D3 A & B

February 22 – JC Meeting Rm A

February 29 - Mason Hall, D3 A & B

March 7 – Mason Hall, D3 A & B

March 21 – Mason Hall D3 A & B

March 28 – JC Meeting Rm A

April 4 – Mason Hall, D3 A & B

April 11 – Mason Hall, D3 A & B

April 18 – Mason Hall, D3 A & B

April 25 – Mason Hall, D3 A & B

May 2 – JC Meeting Rm A

May 9 – Mason Hall, D3 A & B

May 16 – JC Meeting Rm A

May 23 - Mason Hall, D3 A & B

Register by showing up at the first meeting and paying your fee.

Questions? Please contact Lori Ann Roth at (703) 993-2621

50% Reimbursement of Weight Watchers services available January 1, 2008!

- ❶ Reimbursement available to all Commonwealth of Virginia employees who participate in or are eligible for the state COVA Care, COVA HDHP, and Kaiser Permanente HMO health plans
- ❷ Dependents 18 years of age and spouses qualify for any national pricing specials
- ❸ 4 options are available:
 - **At Work Meetings**** – meetings take place on Mason's Fairfax campus every Friday
 - **Local Meetings** in your community
 - **Online Subscription** – award winning site with interactive resources and a step-by-step plan
 - **At Home Kit** – follow the Weight Watchers plan at home and access a toll-free helpline for weekly progress reporting
- ❹ For more information:
 - Call **1-866-614-9129** for details about your options and the reimbursement process
 - Visit www.weightwatchers.com/ca/dhrm/index.aspx for a description of services, a description of the reimbursement process, and forms
 - Visit www.dhrm.virginia.gov and click on the Weight Watchers logo

- Contact **Robyn Madar** in Human Resources & Payroll at 3-4180 with questions or to find a Mason At Work meeting.