

# Weight Watchers Program

## Coffee Street Fitness Welcomes Community Members & Guest Tourist

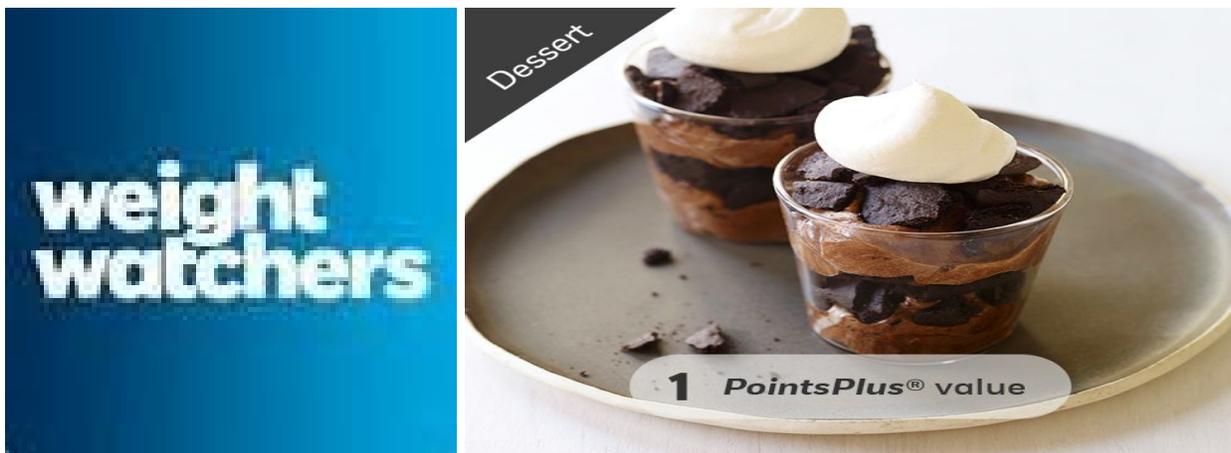
Coffee Street Fitness has brought Weight Watchers to Lanesboro, MN for a new addition to its continued focus on the health and wellness in our community. Coffee Street Fitness is hosting Weight Watchers weekly group discussion meetings and confidential weigh-ins to bring their proven weight management services onsite for the benefit and convenience of the community.

The onsite program will be available for anyone who wants to join the group -- Coffee Street Fitness members and members of the community will join together as a team to lose weight and improve their health. The group meets every Wednesday from 6:15-7:15 p.m. with the weigh-in starting at 6:15 p.m. and a 30-minute meeting starting at 6:45 p.m. The onsite meeting offers a trusting environment, great camaraderie, and a source of support – all of which contribute to weight loss success.

Weight Watchers has a proven program designed to help members develop a healthier lifestyle and sustainable weight loss. The PointsPlus® Plan offers delicious recipes for meals focused around “real food” found in grocery stores – without the deprivation and hunger associated with diets. Members can personalize their plan to meet dietary needs (gluten-free) or personal preferences (low carb, power foods and dessert).

Members have the option of paying the membership fee in staggered payments, credit/debit card or single check.

If you would like to learn more, please join in on one of our Meetings on Wednesday Evening 6:15-7:15 p.m.



## **No food is off limit!**

**On Weight Watchers you can eat anything - but you can't eat everything.** Weight Watchers will help you figure out how much is too much so you don't end up eating way more than you think.

Coffee Street Fitness & Dance can help you speed up your weight loss and get that sleek toned body with a motivating exercise plan or many of the calorie burning and strength training classes that are offered at the Fitness Center! So please, come join us because we all have a story to tell! We also make lots of new friends working toward the same goals!