

# Weight Watchers @ Work Schedule

## Schmitz Hall Session - Tuesdays

October 7, 2008 – February 3, 2008 (17 meetings, 18 wks)

Session Cost: 17 weeks at \$186 (\$10.94 per week)

Leader: Lisa Miller, [wwlisa@comcast.net](mailto:wwlisa@comcast.net)

\*Weigh-in Time: 12:00, Meeting 12:15-12:45, Getting started session 12:45-1:00 p.m.

Tuesday Dates	Location	Rooms	Time
10/7 – 11/4/2008	<a href="#">Schmitz Hall</a>	SMZ 490	noon to 1:00 p.m.
11/11/2008	Veteran's Day	**No Meeting**	
11/18 – 12/2/2008	<a href="#">Mary Gates Hall</a>	MGH 310-D	noon to 1:00 p.m.
12/9/2008–2/3/2009	<a href="#">Schmitz Hall</a>	SMZ 490	noon to 1:00 p.m.

## South Lake Union Session – Wednesday

November 12, 2008 – March 24, 2009 (17 meetings, 20 weeks)

Session Cost: 17 weeks at \$186 (\$10.94 per week)

Leader: Sari Lipitz, [Sari@Lipitz.com](mailto:Sari@Lipitz.com)

\*Weigh-in Time: 12:00, Meeting 12:15-12:45, Getting started session 12:45-1:00 p.m.

Tuesday Dates	Location	Rooms	Time
11/12 – 11/19/2008	SLU Admin Bldg	Seminar Room 123	noon to 1:00 p.m.
11/26/2008		**No Meeting**	
12/3 – 12/17/2008	SLU Admin Bldg	Seminar Room 123	noon to 1:00 p.m.
12/24 – 12/31/2008	HOLIDAY	**No Meetings**	
1/7 – 3/18/2009	<a href="#">SLU</a> Admin Bldg	Seminar Room 123	noon to 1:00 p.m.