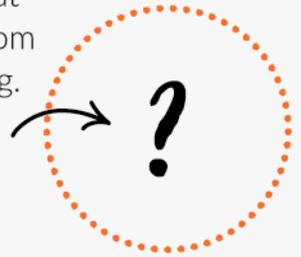


thanks
giving

weightwatchers

It's the season of Thanksgiving! What better time to think about what you're grateful for? Expressing gratitude can boost your mood and help increase your happiness.^{1,2} When you're feeling happy, you're more likely to make better choices about your health, which can lead to weight loss.³

Beginning November 5, special *Thanks-giving!* tracker booklets will be distributed at Weight Watchers meetings. Between **November 5 and December 9**, someone from the Weight Watchers team will initial your booklet each time you attend a meeting. Get at least 4 signatures and you'll earn a **Limited-Edition *mystery charm**** starting on December 3.



Come celebrate your gratitude with us all season long. *Join us!*

DATE: Thursdays

TIME: 12:15 to 12:45

LOCATION: HCC

CONTACT: Julie Coates @ jcoates@umw.edu

Gratitude *rules!*

¹ Yoshimura SM, Berzins K. Grateful experiences and expressions: the role of gratitude expressions in the link between gratitude experiences and wellbeing. *Review of Communication*. 2017;17(2):106-118.

² Wood AM, et al. Gratitude influences sleep through the mechanism of pre-sleep cognitions. *Journal of Psychosomatic Research*. 2009;66(1):43-48.

³ Boehm JK and Kubzansky LD. The heart's content: the association between positive psychological well-being and cardiovascular health. *Psychological Bulletin* 2012;138(4):655-691

*In participating areas only. While supplies last. Award excludes 4-Week Attendance Award key ring.

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