October Newsletter

Highlight of the month.

Celebrate Hispanic Heritage Month

WW is celebrating the Hispanic community through October 15th and beyond! Join WW member, Cassandra T., and many other members of the Hispanic community who have exemplified strength, courage, and success throughout their journey.

Plus, fire up your tastebuds with flavorful WW recipes inspired by the Caribbean, Central and South America, and Spain. Click here!

Kickstart your wellness journey.

Open the door to weight-loss success

- Eat food you love thanks to WW’s science-backed program
- Get nonstop support with 24/7 coaching
- Try new moves with on-demand workouts
- Reset your mindset with audio Coaching and meditations

Hurry! Join by October 31st and get a Hello Success Kit with your new participation plan! Get your kit at ww.com/hellosuccess

Recipe of the month.

Baked cinnamon apple slice

1 1 1 SmartPoints® value per serving

This sweet, simple topping is great for pancakes, oatmeal, or inside-out apple pie.

Plus, here are 28 new Fall dinner recipes.

Get started on your wellness journey today!

Employees, spouses, and dependents age 18 and older enrolled in a PEBB medical plan can sign up at NO COST to you. Visit PEBB.WW.com to learn more.