Highlight of the Month

NEW PROGRAM: myWW+™ is here!
Introducing our most holistic weight-loss program EVER. With a 360° approach to weight loss and wellness, myWW+ focuses on food, activity, mindset, sleep and community.

What’s new:
- New onboarding assessment before sign-up
- Detailed weekly progress report and action plan
- Recipe suggester (cook what’s already in your fridge!)
- 5-minute Coaching
- And more!

See more: 39 things you didn’t know the WW app could do

Support on your wellness journey

Don’t forget! This season, give yourself the gift of wellness.
Join WW by Dec. 12 and get $5 off a WW Shop order of $20 or more! Within 3-5 days after signing up, you’ll receive your $5 coupon via email.

P.S. Check out the WW Holiday Gift Guide!

Recipe of the Month

Goat cheese tarlets with spiced apple-fig

2 2 2 SmartPoints® value per serving

It’s the most wonderful time of the year! You can whip up these delicious, mini-size tarts for all to enjoy.

BONUS: 21 recipes to help you celebrate the holiday season.

Start your wellness journey today!

Join now at PEBB.WW.com.