Building Your Plate

During this webinar,

1. Learn how to build a meal and find right-for-you portion sizes
2. Discover tips for measuring and portioning plus engaging family members
3. Engage family members including teens and kids

You’re invited!

Thursday, March 11, 2021 at 12:00 PM PT via Zoom

Click here to register today.

Everyone is welcome! Available for WW members and non-members.

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