

Weight Watchers at Work

Weight Watchers at Work is offered at the MultiCare locations listed below. Employees may join at any time. Series length ranges from 12-17 weeks (depends on number of employees enrolled) and cost is approximately \$12 per class. Classes are facilitated by a Weight Watchers representative and include weekly weigh-ins and class content. If you are interested in attending Weight Watchers, please contact Taryn West, Healthy@Work Coordinator, at taryn.west@multicare.org.

Tacoma General Campus - 409 Building, CR 6

- Meetings are every Thursday from 11 a.m. – 12 p.m.

Allemore Hospital – Conference Room B

- Meetings are every Wednesday from 3:30 – 4:30 p.m.

Interested in starting Weight Watchers at your location?

You must have 15 employees sign up to hold a Weight Watchers at Work series at your worksite. To get a meeting started at your location, contact:

Tacoma General campus and vicinity, Allenmore and Gig Harbor Medical Park:
Taryn West, Healthy@Work Coordinator, at taryn.west@multicare.org.

Good Samaritan campus and vicinity, Auburn, Covington and Kent:
Amber Bishop, Healthy@Work Coordinator, at amber.bishop@multicare.org