



PennState Health

WeightWatchers.

Be kind to yourself

Ready to build healthy habits?
WeightWatchers® is here for you.

3 ways to practice self-compassion

Because being kind to yourself can help you stick with healthy habits.

- **Be your friend.**

Use kind words in your self-talk, like you do with people you love.

- **Celebrate the small wins.**

Did you pack lunches this week, or make a healthier food swap?

- **Check in when you're stressed.**

Ask yourself, what do I need now? What will help?

You get
special pricing
through
Penn State Health!



Join today through
Penn State Health for over
50% off* the retail price!

Learn more at
[WW.com/PennStateHealth](https://www.weightwatchers.com/PennStateHealth)

Already a WeightWatchers member?

Call customer service at 866-204-2885 to sync your account.

*"Savings" price reflects the membership plan price for an employee. Monthly payment is required in advance. You will be automatically charged each month in accordance with company pricing until you cancel or your employment with your company terminates.

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