



**weightwatchers
reimagined**

Did you know?

The Prince of Wales School hosts WW (Weight Watchers Reimagined) sessions every Saturday (9:00am and 10:15am).

WW (Weight Watchers Reimagined) differs to 'diet plans' in that their lifestyle plan is based on three pillars - food, activity and mindset.

By supporting members to create healthy habits, members improve their health, overall wellbeing and, for those who want to, lose weight.

To start your WW journey visit www.ww.com and select digital and studio membership for just £3.95 per week.

Workshops are held here at The Prince of Wales School on a Saturday (9:00am and 10.15am).

Feel free to pop along for a free session to hear how WW can support you before signing up.

#Community