

## What's new this month at WW

### This Summer is all about YOU!

Success goes *way* beyond the scale. At WW, we celebrate you at every point in your wellness journey - from keeping up with your kids, having fewer negative thoughts, choosing a new outdoor activity – you name it! This Summer, we invite you to recognize all your wins. Plus, you're in good company with WW's community of members just like you.

Join our millions of members loving our award-winning app. You can get *all* this + so much more:

- A personalized plan for you and only you
- Connect – our members-only social community.
- Obé Fitness – on-demand workouts for all fitness levels
- Breathe – audio meditations for anytime, anywhere
- 11,000+ recipes and weekly progress reports



## Don't miss this exciting new offer

### Discover what moves you

Join WW by 6/30 and get a **FREE Activity Kit** including:

- Resistance bands to help find your strength.
- Matte sliders to build your core and improve balance.
- A cooling towel for recovery.

After you sign-up, redeem for your Kit at [ww.com/activitykit](http://ww.com/activitykit)



## WW recipe of the month

### Caesar Salad Coleslaw



## Ready for weight loss to feel easier?

All benefits eligible employees, spouses, and adult dependents get an exclusive discount of 50% off the retail price and can join now for as low as \$8.48 per month.

Sign up at [WW.com/us/CommonHealth](http://WW.com/us/CommonHealth)

The Special Monthly Pricing and The Commonwealth of Virginia discount per month is not open to retirees, their spouses and dependents, wage employees or The Local Choice members.