

WW Webinars

4th Quarter 2018

Name of event: [Watch 'n Learn - Nutritious Food Design](#)

Duration (minutes): 60 minutes

Start Time: 2:00 PM Eastern Daylight Time

Instructor Name/Title: Ryan Hutmacher, Consultant Chef, Weight Watchers

Date: Thursday, October 25, 2018

Description: Can healthy foods be both delicious and satisfying? If you're a skeptic, then this workshop is for you. Creating better eating habits is best achieved when healthy ingredients are both craveable and filling. This dynamic workshop reveals a way to reinterpret the foods you should be eating more of. Through **guided cooking tutorials**, you will experience flavors and textures like never before.

Name of event: [Healthy Eating On The Road](#)

Duration (minutes): 60 minutes

Start time (EST): 2:00 PM Eastern Standard Time

Instructor name / title: Lisa Shaub, Leader and Coach, Weight Watchers

Date: Tuesday, November 6, 2018

Description: Maybe you're already focused on improving your health and well-being and have a routine in place that's working for you. Or perhaps you're just starting a weight loss journey and are eager to form new habits. And then it happens: you have to travel for work, or to an upcoming family reunion, or for a long-planned weekend getaway. And you're wondering how you're going to stay on track. No worries – we have you covered. In this webinar with Lisa Shaub, you'll get strategies and ideas to make sure eating on the road doesn't get in your way of accomplishing your health goals. A Weight Watchers leader and VIP coach for over a decade, Lisa has lost 50 pounds on Weight Watchers and helped thousands of others work towards their own weight loss goals. **Sound will be played via computer speakers ONLY - there will be no phone bridge.**

Name of event: [Cooking with Julie: Solutions For The Holidays](#)

Duration (minutes): 60 minutes

Start time (EST): 12:00 PM Eastern Standard Time

Instructor name / title: Julie, Consultant Chef, Weight Watchers

Date: Tuesday, December 11, 2018

Description: Get a Handle on the Holidays with WW Friendly Solutions! It's often called "the most wonderful" time of the year...but the holidays can also be super stressful and a time when healthy eating falls by the wayside. From office potluck parties and cookie swaps to hosting friends and family; it can be a challenge to stay on plan. In this webinar, Julie shares easy, WW friendly ideas so you can enjoy the holidays and stay on track. From 0 SP appetizers and party dips, to no-stress entertaining tips, and strategies to navigate holiday party menus, you'll learn just how well the WW Freestyle program fits into the holiday season. Join us for this interactive session and learn real life tips from a Weight

Watchers chef and recipe developer. **Sound will be played via computer speakers ONLY - there will be no phone bridge.**