

WHAT: Web Cast

WHEN: Dec. 10 2:00 pm  
Dec. 11 10:00 am & 2:00 pm  
Dec. 13 10:00 am & 2:00 pm

WHO: Benefits Administrators,  
At Work Program Volunteers

**Your Chance to  
Learn More About  
the COVA/  
Weight Watchers®  
Launch  
January 1, 2008**

Interested? To register, send an e-mail to [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov) by Dec. 6 with desired date & time. First come, first served! Limited phone lines available. Web address and toll-free number sent with registration confirmation.