



Weight Watchers is the largest commercial weight-loss program in the world. The diet is based on calorie and portion control while eating regular food, exercise, and behavior modification.

Join the power of the group, for \$15.00 a week and learn about Personal Coaches, learn about the newest program Freestyle, which is not a diet. It's a way of living. There is so much more to learn and talk about when you join the group.

Ages 18 & up are welcome

Every Thursday 6:00PM-8:00PM

Canaan Baptist Church

5430 PULASKI AVE. PHILADELPHIA, PA. 19144

Rev. Dr. Derrick Brennan, Senior Pastor