



Oxford Road Corridor are delighted to offer you to join WW (the new weight watchers) for FREE for 12 weeks

WW's Freestyle Programme Includes:

- Access to weekly wellness workshops held at the Brooks Building (Drama Studio), 53 Bonsall Street, Hulme, M15 6GX every Wednesday from 5:30pm.
- Eat what you love: 200+ ZeroPoint™ foods you never have to portion or count!
- Shift your mindset: With a fresh perspective, you'll learn to think in new ways and focus on what really matters to achieve your goals.
- Find what moves you: Get ready to feel strong and proud of what your body can do.
- Be part of a community: We're here to help 24/7-even better, you'll be cheered on by fellow members in real life and online.

How to apply:

- Spaces are very limited to 20 spaces and will be offered on a first come first serve basis.
- Those interested should arrive at a WW session from Wednesday 25th September, however; please only attend if you are fully committed to the programme.

When does it start?

- All classes will begin week commencing 23rd September 2019 and will take place on Wednesday's each week from 5:30pm.

Terms & Conditions:

- All participants must be over 18 years of age and a resident of Hulme or Ardwick, or a staff member from Manchester City Council, Manchester University NHS Foundation Trust, Manchester Metropolitan University or University of Manchester.
- Participants must present their staff ID or proof of address (Hulme or Ardwick) to the first session.
- Winning participants must be able to attend at least 10/12 classes.
- If you are not selected for a free space, you can still attend the sessions as a paid member. Please come along to the Brooks building (Drama Studio) from 6:30pm on Wednesdays.
- Free sessions are only valid until the end of 2019.