Greetings ~  
  
Below is the latest edition of Weight Watchers Newsletter.  Please feel free to share the newsletter with all of the employees within your company to promote health and wellness.  
  
As we enjoy ***"Opening Day"*** for the **Red Sox**... and true signs of spring finally arriving ... what a great opportunity to offer the convenience of a Weight Watchers AT WORK Program for your employees!  If you do not currently have an onsite program and would like information on our current offerings as well as our great new ***Spring Promotion*** available from April 13th through May 8th ... please let me know!  
  
If you have a current AT WORK program and would like to increase participation, we have just the ***Spring Promotion*** that can help you to do just that!!!  I am here to help!!!  
  
In Good Health ~ ***Cheryl***  
  
Cheryl M. Mayo  
Corporate Account Manager  
Weight Watchers Health Solutions  
[508-845-2697](tel:508-845-2697)  
[cheryl.mayo@weightwatchers.com](mailto:cheryl.mayo@weightwatchers.com)  
  
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Post-lunch-pre-dinner cravings. They happen to everyone now and then. Whether they’re from fatigue, stress, boredom or actual hunger, you can manage them. Our article, [Conquer Mid-Afternoon Munchies](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d4029384641b78f7ba0f41b5cf05d1bd5970aac633534b937) will tell you exactly how.  
  
If one of the ways you like to get an energy boost is with a cup of java, then this is the article for you. In [How to Speak Coffee](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d4029384641b78f7ba0f41b5cf05d1bd5970aac633534b937) you’ll learn the difference between a macchiato and a cappuccino, and discover what crema and lungo mean, plus a lot more.  
  
Did you know that sometimes we’re not craving calories, we’re craving flavor. So, in [Ingredients to Supercharge Any Meal](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d4029384641b78f7ba0f41b5cf05d1bd5970aac633534b937) we tell you how to use 10 pantry staples (that you may already have) to kick up the flavor appeal of any meal.  
  
And let’s finish up on a sweet note. Our [Toffee Butterscotch Cookies](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d4029384641b78f7ba0f41b5cf05d1bd5970aac633534b937) will satisfy mid-afternoon sugar cravings, are full of rich flavor, and go perfectly with your favorite coffee recipe. And with a ***PointsPlus***® value per serving of 2, there’s nothing not to love.  
  
Happy spring!   
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