

# Join us for IU's WW Private Virtual Workshop

With a WW Unlimited Workshops + Digital membership through IU, you have access to an exclusive Virtual Workshop where you and your colleagues get weekly weight-loss guidance and support from a WW Coach.

#### Step 1

Make sure that the WW app is downloaded to your device and that you are logged in. Then, using **the web browser on your phone or tablet**, go to **WW.com/IU** 

#### Step 2

Scroll down to "You've been invited!" and select "Let's go."



Join WW now  $\rightarrow$ 

Already a WW member? Check out your private Virtual Workshop now!

The link below is only accessible on mobile devices.

Let's go  $\rightarrow$ 

'uui' Q Search Week of Jan 6-10 w (т) s м т F S 35 4 Daily Weekly Remaining Used Breakfast total 6 2 Eggs(s), hard boiled, 1 Wheat Bread > Sliced, Smoked Salmon and Chive... Lunch > Dinner > Snack > You have a rollover! We've added 3 to your 6

Activity

Food

### Step 3

Select "Join" to gain access to the Connect group. You'll be pushed directly to the WW app.

## Step 4

You're in! Find your group anytime by clicking on the Connect icon. You will see the Connect group you joined at the top under "Groups."

## Step 5

Tap on your group to see the details & schedule for IU's WW Private Virtual Workshop.

To learn more about our partnership with WW or to join now, visit <u>IU.WW.com</u>.

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