



# Webinar Invitation



# Healthy Eating on the road

Maybe you're already focused on improving your health and well-being and have a routine in place that's working for you. Or perhaps you're just starting a weight loss journey and are eager to form new habits. And then it happens: you have to travel for work, or to an upcoming family reunion, or for a long-planned weekend getaway. And you're wondering how you're going to stay on track.

No worries – we have you covered. In this webinar with Lisa Shaub, you'll get strategies and ideas to make sure eating on the road doesn't get in your way of accomplishing your health goals. A WW VIP coach for over a decade, Lisa has lost 50 pounds on WW and helped thousands of others work towards their own weight loss goals.

## Register Today!

Thursday, April 11<sup>th</sup> at 2:00pm EST

Click [here](#) to register. Everyone is welcome to join! This webinar is available for WW members and non-members.

Please have the **City of New York's Employer ID: 11612222** ready when you register for this webinar.

Not able to make this time? No problem! This webinar will be on demand following the live presentation. Simply go to the same registration link above to watch the webinar at a convenient time for you.

