NEW PROGRAM: myWW+™ is here!

Introducing our most holistic weight-loss program EVER. With a 360° approach to weight loss and wellness, myWW+ focuses on food, activity, mindset, sleep and community.

What’s new:

- New onboarding assessment before sign-up
- Detailed weekly progress report and action plan
- Recipe suggester (cook what’s already in your fridge!)
- 5-minute Coaching
- And more!

See more: [How to Use the WW App](#)

Don’t Forget: Starter Kit Promotion Through 12/12

Give yourself the gift of wellness.

Join WW today and get a FREE Starter Kit, packed with products to help you reach your goals. Plus, over $40 worth of coupons included with your kit!

Register by 12/12, and after signing up, redeem for your kit by 12/26 at [ww.com/atworkgift](http://ww.com/atworkgift). Please click [here](#) and enter your email address to access the Starter Kit marketing materials.

Share with your colleagues!

REMINDER: Private Virtual Workshops for City of New York Employees

WW and WorkWell NYC launched Private Virtual Workshops just for City of New York employees. These Workshops are [here for YOU](#) - to help you stay on track with your wellness journey anytime, anywhere, and from the comfort of your own home. Get ready to see some familiar faces as you join your colleagues for your weekly workshop guided by a WW Coach.

Current WW Members can join the Workshops by joining The City of New York’s Connect Group. Please click [here](#) and scroll down to the “You’ve been invited!” section for more information.

NEW! WW Recipe of the Month

**Goat cheese tartlets with spiced apple-fig**

It’s the most wonderful time of the year! You can whip up these [delicious, mini-size tarts](#) for all to enjoy.

BONUS: [21 recipes to help you celebrate the holiday season](#).