NCRC Weight Watchers Group

Interested in losing weight and making healthier food choices? Join the NCRC Weight Watchers Group! People who attend Weight Watchers meetings lose 3 times more weight as those who go it alone.

When you follow the Weight Watchers plan, you get an integrated approach that combines smarter eating, healthy habits, exercise and supportive weekly meetings.

- Supportive and fun meetings - At your weekly meeting, you’ll get in-person inspiration from a Leader who’s been in your shoes, and encouragement from members just like you. It’s a connection and bonding that you can’t get with any other weight loss plan.
- NEW! Free eTools subscription - Get the power of Weight Watchers in the palm of your hand. This internet and mobile weight-loss companion is free when you enroll in an AT WORK session.
- Personal and inspiring - Your weigh-in each week is completely confidential and helps motivate you towards your goals as you track your progress each week. Accountability counts!
- Fits your life - With Weight Watchers, there are no required foods. You eat real food in the real world, so you can go out to eat and still lose weight.

New sessions begin Monday, July 6th!
Regular cost is $144
MHealthy pays half (up to 2 sessions per year) of this making your cost only $72!

Schedule:
Start Date: July 6, 2015
Every Monday at 12:00PM in NCRC Building 16, Room TBD
End Date: After 12 sessions

Register Here
All participants must register online for the At Work Weight Watchers session by June 29, 2015.
Facilities

- Food Service at NCRC: Temporarily Closed
- 1600 Site: Parking Lot Closures
- NCRC Annual Fire Alarm Testing
- NCRC Security Kiosk Removal Project
- Building 10: Elevator Replacement Project
- Building 16: Carpet Cleaning
- Building 16: Elevator Update
- Building 26: Domestic Cold Water Issue
- Building 28: Fire Alarm Test
- Building 520: Pedestrian Sidewalk Installation Project

Click here to view all NCRC Notifications & Updates

Events

- 6/23 - Produce Day
- 7/22 - See Something? Say Something!

Announcements

- President Barak Obama announced his selection of Max S. Wicha, M.D., as one of five new appointees to the National Cancer Advisory Board.
- The TCF Bank ATM will be removed within the following week and a PNC ATM is scheduled to be installed shortly in the Central Service Center, Building 18, Ground Floor.
- **Lycera and Celgene Announce an Exclusive Strategic Collaboration to Advance Novel Immune Modulators**
- **Tech Tip**: Getting a new laptop, tablet, or smartphone? Make sure you [properly remove any sensitive data](#) before you resell or recycle your old devices. If you have questions call 763-7770 or email msishelp@umich.edu.

Reminders

- Blue Jeans Network (BJN) provides a cloud-based audio/video/content sharing conferencing service. An **endpoint** can be a room telepresence system, laptop, tablet, smartphone or standard telephone. [Blue Jeans User Registration](#)
- With the warm weather season upon us, please be mindful of the increased human and wildlife activity at NCRC as you navigate the walks and drives around the complex. Reduce your speed and be prepared to stop. Activity has been observed at all hours, so please remain vigilant as you are arriving or leaving NCRC. This is particularly important at intersections and crosswalks, as well as near ponds and prairie areas where...
wildlife presence is the greatest. The complex is destined to reach its capacity over the next few years placing increased demand on parking as well as pedestrian and vehicle circulation. Several pedestrian walkway and roadway improvement projects are planned to ease this pressure. Please raise your own awareness of activity around you in addition to these efforts.

- **Foundation Funding for Faculty** - The Howard Hughes Medical Institute (HHMI), the Bill & Melinda Gates Foundation, and the Simons Foundation are holding a joint national competition for grants to outstanding early career scientists as Faculty Scholars. This competition will strengthen the community of basic researchers and physician scientists who bring innovative approaches to the study of biological problems. Submission Deadline: July 28, 2015.
- Smoke Free University! What to do when someone is smoking on campus? University Human Resources and the MHealthy team created a Toolkit to answer all of your questions.
- **Sign up for an NCRC Wellness Center Membership!**
- **Notary Service offered at NCRC!**