

**Fisher, Julie**

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**Subject:**

**FW: Weight Watchers Invoice and News**

**From:** Eberle, Jan  
**Sent:** Wednesday, April 11, 2018 3:56 PM  
**To:** Scott, Karen <KScott@nlr.ar.gov>  
**Cc:** Smith, Joe <JSmith@nlr.ar.gov>; Henry, Isaac <IHenry@nlr.ar.gov>; Hartwick, Terry <THartwick@nlr.ar.gov>; Temeka Martin <tmartin@nlrpr.org>; dnewsom@nlrpr.org; dee.hoy@outlook.com; Borel, Peggy <PBorel@nlr.ar.gov>; Fisher, Julie <JFisher@nlr.ar.gov>; Abel, Shirley <SAbel@nlr.ar.gov>; Mayor <Mayor@nlr.ar.gov>  
**Subject:** Weight Watchers Invoice and News

Attached is the Weight Watchers invoice for the next 12 weeks. Forty one (41) employees have signed up this time. The mayor has requested that this amount be taken from the Fit2Live budget. It is approximately one-half the amount of the first 12 weeks.

Here is our weight loss from the first 12 weeks:  
Tuesday noon class lost 405.4 pounds  
Tuesday afternoon class lost 198.0 pounds  
Thursday noon class lost 227.1 pounds  
This is a grand total of 830.5 pounds! That's an average of 69 pounds per week.

AND.....two of us met our goal weight which means we can continue attending the classes without charge. Hopefully more employees will meet their goal these next 12 weeks. All of the employees are looking good and feeling so much better!!!!

The most common reason for the employees attending is that they are trying to lose weight and get healthy so they can get off some of their medicines – diabetes, blood pressure, etc. And just generally feel better. A lot of them have tried several diets but they just did not work. Weight Watchers is not a diet but a lifestyle plan. It is working for them and they now have hope.

Weight Watchers staff is taking excellent care of us. Whatever we have needed, they have responded immediately. The teachers are motivating and understanding as they have come through the program themselves.

We all appreciate the city offering these classes for us. We are all so excited and always look forward to our Tuesday noon and 4:30 classes.

Thank you Isaac!  
Thank you Karen!  
Thank you Mayor!  
Thank you Terry!

Jan

FILED 8:56 A.M. \_\_\_\_\_ P.M.

BY via email

DATE 4-13-18

Diane Whitbey, City Clerk and Collector  
North Little Rock, Arkansas

RECEIVED by H. Thomas