



What's new this month at WW

Honor Mental Health Awareness Month

Your well-being journey isn't going to be a straight line. We *all* have ups, downs, and plateaus, so treating yourself with kindness and acceptance is key for reaching your goals. Start with these two tips:

- **Celebrate you!** Research shows that being tough on yourself doesn't work—it can actually make you feel *less* motivated. Show some self-love instead by writing down three things about yourself that you're grateful for today.
- **Treat yourself like a friend.** When you notice you're being critical of yourself, give that self-talk a time-out and consider how you'd react if your friend was speaking about themselves in this way. You'll likely change your tune

As your partner in wellness, WW gives you access to on-demand meditations and expert-led 5-Minute Coaching sessions designed to help you manage stress, overcome setbacks, and find success.



Don't miss this exciting new offer

Discover your new favorite moves!

Join WW today and get a **FREE Activity Kit** including:

- Resistance bands to help find your strength.
- Matte sliders to build your core and improve balance.
- A cooling towel for recovery.

After you sign-up, redeem for your Kit at ww.com/activitykit



Sign up by June 30 and receive a

FREE WW ACTIVITY KIT⁺

over \$100 value*

WW recipe of the month

Chicken tacos with pineapple slaw



Your success story starts here!

All benefits eligible employees, spouses, and adult dependents get an exclusive discount of 50% off the retail price and can join now for as low as \$8.48 per month.

Sign up at WW.com/us/CommonHealth

The Special Monthly Pricing and The Commonwealth of Virginia discount per month is not open to retirees, their spouses and dependents, wage employees or The Local Choice members.