

What's Happening Now

Attend a Private Virtual Workshop exclusively for you and your colleagues!

You now have the option to attend a weekly Virtual Workshop with familiar faces. Gather your fellow WW members and join a Coach for your healthy dose of guidance, inspiration and support.

To view the schedule and details, simply join your OEBC's Connect group by [clicking here](#).

Important: You must click the link from a mobile device to be directed to the Connect group.

P.S. WW is keeping members up to date via email on Studio re-opening plans and safety precautions. You can also visit the [Studio Finder](#) for updates.



Invite a Friend!

When you invite any co-worker, spouse, or dependent 18+ who is enrolled in an OEBC medical plan to join WW, you both can get a free gift. The more you invite, the more gifts you can receive.

Visit ww.com/invite today!



Support on your wellness journey



Supporting a healthy immune system

Guess what?! Science says Grandma was right about the benefits of chicken soup when you're feeling ill. While it's not a cure-all, there are foods that can play a certain role in a healthy immune system. Bonus: they taste good too!

[Click here](#) to learn more about foods that support a healthy immune system and ways to enjoy them.

WW Recipe of the Month

Tropical Mango Overnight Oats

7 7 4 SmartPoints® value per serving



Ingredients

- 1/3 cup uncooked old fashion oats
- 1/3 cup unsweetened coconut milk beverage
- 1/2 tsp minced ginger root
- 1 cup unsweetened frozen mango chunks
- 1 tsp agave nectar
- 1 pinch pumpkin pie spice
- 1 pinch table salt
- 1 Tbsp toasted unsweetened coconut flakes

Instructions

Combine all ingredients, except coconut flakes, in a medium jar or large glass. Stir, cover and refrigerate overnight. Garnish with coconut.

Serving size: 1 serving.

Get started today!

To sign up for WW today or learn more, visit OEBC.WW.com.