




**NEW STORE @ FRANDOR (300 N. Clippert St.)**

**GRAND OPENING WEEK JAN. 14 -21, 2012**

Sat., Jan. 14	Sun., Jan. 15	Mon., Jan 16	Tues., Jan. 17	Wed., Jan. 18	Thurs., Jan. 19	Fri., Jan. 20	Sat., Jan. 21
<p><b>“HOUSEWARMING ALL DAY EVENTS”</b></p> <p>1:30pm-2:00pm <b>Smoothie Demo</b></p> <p>2:00-4:00pm <b>“SUCCESS STORIES LIVE!”</b> Featuring Lansing Area Success Stories LIVE! <b>Complete Beauty Makeover</b> for one lucky WW member! Hand &amp; Chair massages...</p> <p>4:00-5:00pm <b>“NEW YOU PHOTOS”</b> WW Lifetime Members</p> <p>5:30-7:30pm <b>“ DATE NIGHT”</b> 5:30-6pm The Y <b>Physically Fit Together</b> Understanding each other and working together. <b>Marni Thurston Photography, Personal Image Salon &amp; Day Spa, The Y, Zoup Fresh Soup Co. Guys &amp; Dolls Salon</b></p>	<p>2:30-3:30pm <b>“TIME SAVING KITCHEN TIPS”</b> Get some fast and easy food prep ideas!</p> <p>3:30-4:30pm <b>“DINE OUT AND LOSE WEIGHT”</b> Learn tips how to order, demystify the menu and enjoying dining out AND be successful with weight loss efforts!</p> <p><b>WW Leaders Sue&amp; Linda</b></p>	<p>6:30pm-8pm <b>“TURN RESOLUTIONS INTO RESULTS WITH WEIGHT WATCHERS”</b>  (Tips, Strategies, Goal Setting) 4 Pillar Approach, Overcoming Obstacles</p> <p><b>WW Leaders Kathy, Vicki and Connie</b></p>	<p>7:00-9:00pm <b>“CELEBRATE WEIGHT LOSS WITH OUT USING FOOD AS A REWARD”</b>  Meeting Topic and Brainstorming</p> <p>“Non-Food Reward Tips” from Lansing Area WW Staff and WW Members”– bring your notebooks”!</p> <p><b>Hand Massages</b></p> <p><b>Chair Massages</b></p> <p><b>Hot Tea</b></p> <p><b>Personal Image Salon &amp; Day Spa, Ingham County Parks Department Guys &amp; Dolls Salon</b></p>	<p>1:30-3:00pm <b>“MOVE MORE!!!! FITNESS GOALS AT HOME AND AWAY FROM HOME!”</b>  Hear and Share Tips for being more Active!</p> <p><b>The Y and Playmakers</b></p>	<p>6:30-7:00pm <b>Smoothie Demo</b></p> <p>7:00-9:00pm <b>“LADIES...LOOK YOUR BEST WHILE LOSING WEIGHT”</b>  Fashion Sense by Dress Barn</p> <p>Also, check out the alterations options and resale finds</p> <p>Clean Sweep for your closet – why you should do it!?</p> <p><b>Alterations Unlimited, Kellie’s Consignments, Dress Barn</b></p>	<p>5:30pm-7:30pm <b>FRIDAY NIGHT WITH THE GUYS</b>  Smoothie Demo Guys eating strategies shared; Self-care for men; “Dress for Success”, WW Samples and O PPV fruit, and men’s fitness tips, chair massages</p> <p><b>The Shave, State of Fitness, Alterations Unlimited, Men’s Warehouse Guys &amp; Dolls Salon</b></p>	<p>1:30-3:30pm <b>GROCERY SHOPPING FIELD TRIP AT TOM’S FOOD CENTER OKEMOS</b>  Join WW Staff....Learn how to navigate the grocery store – avoid pitfalls, shop smart, find Power Foods</p> <p></p> <p>Save \$\$</p> <p><b>Tom’s Food Center - Okemos</b></p>

**\*\*Complimentary Apples provided by the Michigan Apple Commission for some events!**