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**WorkWell NYC and WW are excited to launch new**   
**Closed Virtual Workshops just for the City of New York!**

WW’s Workshops have helped millions of members build healthy habits for real life, and I’m excited to share that employees, their families, and retirees now have access to Closed Virtual Workshops through The City of New York’s WW partnership. Please find a schedule of these Virtual Workshops below, as well as detailed instructions for accessing these Workshops through the WW app.

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| **City of New York Closed Virtual Workshop Schedule** | | |
| **Day** | **Time (EST)** | **Coach** |
| Wednesdays | 1:00 PM | Rosemary B |
| Thursdays | 7:30 AM | Carol P |

Virtual Workshops provide weekly guidance from a WW Coach in a virtual group setting that will help move you closer to your weight-loss and wellness goals. These Workshops are fun, supportive and private, so that you can connect with colleagues who are on the same journey as you!

Current WW members can access these Virtual Workshops through the City of New York’s Closed Connect Group [**here**](https://cmx.weightwatchers.com/nui/group/d07e62dd-be8b-4258-8472-33d7c49cfe38). **Important: You must open this link on a mobile device with the WW app downloaded to access the Connect group.** If you are having trouble accessing the Connect Group or the Virtual Workshops, please reach out to **Kathleen.Skirvin@ww.com.**

**Not currently a WW member?** Learn more about the City of New York’s Partnership with WW [**here**](https://ww.com/us/nyc).