

Highlight of the month

Spring has sprung!

With warmer days and longer daylight hours, we're all itching to get outside. Going on a picnic or dining outdoors? Enjoy these **10 foods that taste better in Spring**.

The **WW Guide to Spring** is filled with expert tips, seasonal recipes, outdoor workouts and free gifts when you invite your colleague to join WW!



Get started on your wellness journey

This is your fresh start!

Join WW today and get a Fresh Start Kit with your membership! Once you've signed up, get your Fresh Start Kit at ww.com/freshstart



Looking for the secret sauce?

Whether your whipping out your BBQ tools or just looking for an extra flavor boost (that doesn't add calories!), you'll love the *Flavor Pop Cookbook*. Visit the **WW Shop** and use code **WWSAVE10** at checkout for 10% off *almost everything!*

Recipe of the month

Italian vegetable and egg scramble

9 **5** **1** SmartPoints® value per serving

Make this **colorful meal** that will keep you satisfied. Plus, **10 additional meals** bursting with Spring flavors!



Join the millions of WW members achieving their goals

Employees, spouses, and dependents age 18 and older enrolled in an OEBC medical plan can sign up at NO COST to you. Visit OEBC.WW.com to learn more.