

# weightwatchers

## NEWS RELEASE

### FOR IMMEDIATE RELEASE

#### **WEIGHT WATCHERS' SPECIAL EVENT FOR MEMBERS, NON-MEMBER- SHOWS HOW COOKING WITH A SLOW COOKER FOR CAN SUPPORT WEIGHT LOSS, FEB. 22**

PHOENIX, Ariz. (Feb. 2017): Slow and steady. It's a concept that applies to both weight loss and slow cookers and it's not mutually exclusive.

Weight Watchers Lifetime Member Martha McKinnon, who has maintained her weight for 20 years, will offers tips, hints, recipes and answer questions about how slow cooking supports weight loss for both Weight Watchers members and non-members on 7 p.m., Wednesday, Feb. 22 at the Weight Watchers Center at Arrowhead Crossing, 7545 W. Bell Road, Suite 104 in Peoria.

There is no cost.

"Slow cooking is a creative, easy and delicious way to enhance and expand weight loss and management strategies," McKinnon said.

The schedule for the evening includes:

- An introduction and how a slow cooker supports weight loss
- Choosing a slow cooker
- Care and safety
- Tips, hints and Frequently Asked Questions
- Three recipes: Baked Oatmeal with variations, Weight Watchers Vegetable Soup in the slow cooker with variations; and 2-3 Ingredient Chicken with variations and suggested uses.
- Q&A
- Testing.

To register for the event, send an email to [info@WeightWatchersaz.com](mailto:info@WeightWatchersaz.com) or call (602) 248-0303.

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#### **Contacts:**

Deborah Wright, General Manager, Weight Watchers of Arizona, (602) 248-0303  
Steve Carr, The Kur Carr Group, Inc., (602) 317-3040