



weightwatchers
reimagined

October Newsletter

Highlight of the Month

Your Handy-Dandy Halloween Candy Guide

Whether you're carving pumpkins or hanging decorations, this time of year is always a trick-or-treat. Halloween may look a little different this year, but we can still find ways to dress up and have some fun with our family and friends.

[Here is the lowdown on Halloween candy](#) to help you stay on track and still enjoy your favorites. From all of us at WW to you, have a happy and safe Halloween!



Support on your wellness journey

Take the first step towards a healthier you.

Purchase a WW membership plan between 10/1-10/17 and you can redeem for a FREE Kick Start Kit!

New members must redeem for their Kick Start Kit by 10/31 at ww.com/kickstartkit



BONUS: Win the all-new Amazon Halo Band!

Sign up today for a chance to be one of thousands to win an [Amazon Halo Band](#), the new wearable that works with the companion, Amazon Halo app, to help you measure your activity, sleep, body fat percent/age and more!

Recipe of the Month

Baked apple cider donuts

5 4 4 SmartPoints® value per serving

This [seasonal treat](#) has a new twist to it – baked, not fried! Plus, they boast whole-grain goodness and less sugar than most recipes you'll find. Enjoy!



Start your wellness journey today!

Sign up at WW.com/us/OSU