

DIETS DON'T WORK.

It's true. So, are you going to let Weight Watchers fool you into paying for yet another diet they call a "lifestyle" or a "food plan?"

Be good to yourself. Be healthy. No matter what your size.

Get the facts:

www.fatrights.org

www.bigfatfacts.com

This message is brought to you by **COFRA**, the Coalition of Fat Rights Activists.