

## 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

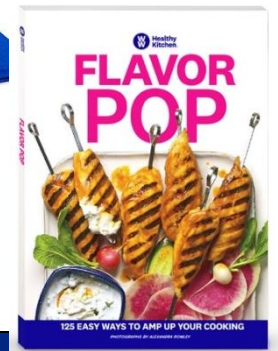
### This is your fresh start!

Join WW between April 1<sup>st</sup> and May 15<sup>th</sup> and get a FREE Fresh Start Kit with your membership! Once you've signed up, get your Fresh Start Kit at [ww.com/freshstart](http://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!



TAC offers special discounted rates on the WW Digital program!!  
For more information and to enroll visit [ww.com/us/healthycounty](http://ww.com/us/healthycounty)