

## Weight Watchers Program Workbook By Jean Nidetch

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Press Room WEIGHT WATCHERS center in New York City as the Weight Watchers Jean Nidetch continues to guide Weight Watchers in their plan

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Jean Evelyn Nidetch (née Slutsky, October 12, 1923 April 29, 2015) and incorporated on May 15, 1963, into the Weight Watchers organization.

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Our proven program is based on science, not trends. In the early '60s, Weight Watchers founder Jean Nidetch began inviting friends into her Queens,

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I was a fat housewife married to an overweight bus driver raising two very overweight kids with a fat group of friends and an overweight poodle, Jean Nidetch

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Jean Nidetch, who founded Weight Watchers, she always said her greatest legacy was the millions of people her weight-loss plan helped. Nidetch is survived by her

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