

# Faces of *my*Well-Being

- Who: Jennifer Conway, HR Analyst, HR Communications, 19 East

- Took advantage of Hershey's Weight Watchers reimbursement program to drop from a size 11 to a size 4

- *my*Well-Being journey advice:

"Find creative ways to fit activity into your life. I do squats while brushing my teeth."

- To read more about Jennifer, go to [myHR.hersheys.com](http://myHR.hersheys.com) > keyword search "Faces"



Jennifer Conway – (above) using a Moderation Nation Walkstation to fit exercise into her work day and (right) before starting Weight Watchers.