

TOPS **(Take Off Pounds Sensibly)**



TOPS chapter meetings encourage members, celebrate achievement, and provide support for all stages of the journey to a healthy lifestyle.

TOPS Chapters are now forming for the 2009-2010 school year.

If you would like to lead or join a TOPS Chapter, contact Julie at jstiebner@usd259.net

Maintaining A Normal Weight Will Add Eleven (11) Years to Your Life!

- * Low Cost Membership - Non-Profit Organization
- * Onsite Weight Loss Program
- * Weekly Weigh-in and Educational Programs
- * Does Not Set a Weight Goal
- * Supports Obesity Research