



# KOPS HONOR SOCIETY JULY 2010 MEETING



DATE: Thursday, July 1st

TIME: 7:30p.m.

PLACE: Home of Maggie Nicholas

6823 Winchester Dr., Rockford, 815-874-8013



It's the July KOPS Honor Society Meeting! Be patriotic and wear red, white & blue in celebration of our nation's holiday. Let's have some fun ~ everyone do a bit of homework on the state you were born in and we'll see if we can guess your home state, based on your clues. Like; state motto, bird, flower, capitol, size of the state, year it became a state and other things like that. Hopefully all of us weren't born in the same state.



The following KOPS were under goal at their last chapter meeting BEFORE the May KOPS Honor Society meeting; Maggie Nicholls – IL208, Janice Crull – IL725, Betty Pash, Diana Cobb & Sally Cunningham all from IL2108. CONGRATULATIONS KOPS! At our July meeting more of the KOPS Honor Society members plan on being under goal too!



**Chapter Leaders**, (whether you are a KOPS or not) we **STRONGLY** urge you to encourage your KOPS to visit, or join if they wish, our next meeting. All TOPS that are within 10lbs. of goal may visit once for free to receive the encouragement they may need to help them continue with their weight loss toward their desired goal. Those last few pounds can be very stubborn to get off and you may need an extra motivation boost. The KOPS Honor Society members are here to help and support you in your endeavor to lose those last pounds. We look to our TOPS chapters and to the KOPS Honor Society for guidance, assistance, support & inspiration.

We are here to help, encourage and support **ALL KOPS.**

**We can only help you IF YOU ATTEND THE MEETING.**

We do not have a weigh in at the meetings; we are strictly an extension of your weekly TOPS chapter meeting. The KOPS Honor Society is a support group that is designed for KOPS to assist you in your journey to Keep Off Pounds Sensibly!

If you plan on attending, please call Maggie at 815-874-8013, so she can plan accordingly. If your chapter meets on Thursday evening, we encourage weight recorders to do their best to accommodate the KOPS so they can weigh-in before attending the KOPS Honor Society meeting. We always have uplifting and interesting programs as well as our usual incentives and awards.

We hope to see you on Thursday, July 1st, at 7:30p.m.