

# Spring Newsletter



*Spring is here!!!*

Thank Goodness the weather is changing and warming up. Makes you feel like getting out and walking. I know it does me. I am thankful for the inside equipment, but nothing feels as good as getting out in the sunshine and going on a nice walk.



## *TOPS News*

T.O.P.S. News is full of good ideas and stories about other member's success in losing weight, recipes & contest. In your January issue there was a new 'My Day One', be sure to pull it out and use it. It is an excellent tool.

## *SRD*

Be sure to check your room reservations, if you have extra rooms reserved be sure to let them go for those who are on a waiting list! Let's all do our part and be considerate to our fellow TOPS members. It is always nice to be in headquarters Hotel, let's do our part in getting as many there as possible, by releasing unneeded rooms.

Hope to see many of you in St. Charles, June 4<sup>th</sup> and 5<sup>th</sup>. The best way to be inspired to do

better next year is to witness the accomplishments of others.

## *Spring*



## *Workshop*

First of all I want to congratulate all new officers!

Also, I would like to extend a big welcome to the two new chapters in our area. Perry & Bowling Green both started TOPS chapters during the month of March!!! Good luck to all!

Spring workshop is right around the corner. This year we are attempting to make learning fun! Hope to see all new officers & others that just want to know more about TOPS in general at our workshop.

The workshop has a **NEW LOCTION** this year. We will be meeting at the Junction Restaurant, 28840 Hwy 19, Perry, MO. The meeting will be May 15, at 10-noon. The room is reserved from 9-1, for your convenience to enjoy breakfast or lunch.

However the La Plata workshop will be at the same place, La Plata Christian Church, 120 W. Moore Street in La Plata. Date for this workshop will be 6:30 on Tuesday April 27<sup>th</sup>.

Looking forward to seeing you at one of these workshops.