



## TAKE OFF POUNDS SENSIBLY

Weight-Loss Support • Accountability • Recognition

South Central Area – TOPS

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Hello fellow TOPS members. If you hadn't yet heard, Laurel Parsons, the Area Captain for the past year, had to step down from her post. First I would like to thank her for all the work she did in our area, and the great example she set for those of still on our weight loss journey.

I do not yet have an "after" picture that I can use. I have been on this weight loss yo-yo for WWAAYY too many years. I am pleased to report that with the support of my Billings TOPS chapter, I am finally starting to make progress toward that after picture, and had net losses for both of the last two years. Slow and steady will eventually win the race, and I intend to become a KOPS this decade.

### Chapter visits

I am hoping to visit each of your chapters this year. Please let me know if you have any special events such as open houses planned, and I

will make an effort to visit at that meeting if at all possible.

### Fall Rally

I know it is hotter than blazes lately, but fall is coming. Students are getting ready to go back to school, and the beginnings of harvest season are becoming evident around the area.

As of this point, I do not have a date, place, or host chapter for the fall rally. If your chapter has never hosted a rally or workshop, have no fear. It isn't all that hard. All we ask of you is to find a place for a lot of TOPS members to meet, and welcome the visitors who come and provide a healthy lunch. The expenses will be covered up to \$350 (depending on attendance). The host chapter receives 10% of the registration fee as a fundraiser. Please contact me if you might be able to host the fall rally.



*Remember, you didn't gain the weight overnight, and it will take time, effort, and consistency to get it off.*