

As a non-profit support group for weight loss, TOPS may refuse membership to people wishing to join to gain weight.



- Only new members may purchase The Choice Is Mine at the discounted price listed on the L-003.
- Renewing members who use the L-003 for renewal may not purchase this at a discount. Also, they may not order it at time of renewal when using an L-003R.

Members may inquire before chapter election as to who is interested in holding what office.

Special additions to www.tops.org for our members only include:

- Krames Online Health Education Library is a great resource on many health issues. Most Health Sheets are also available in Spanish.
- Also, the first in a series of Health and Wellness videos prepared by Juli Ulrey on Weight Loss Basics is available. A new video will be featured each month.
- Please encourage all members who have Internet access to log in and check these new features out.



Thank You ~ Thank You ~ Thank You

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy:

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Albert Schweitzer:

Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.

Margaret Cousins:

There is nothing better than the encouragement of a good friend.

Jean Jacques Rousseau: