



**It's Time - Our Time
Time for The
Combined**

(Includes both Lydia's & Jeanie's Areas)

**San Fernando Valley TOPS Area
Independence Walk**

**Come join your TOPS Friends as we "Take Steps" to gain our
Independence from Excess Weight, Physical Inactivity and
Unhealthy Lifestyles**

Saturday, October 23, 2010

8:00 AM - 9:00 AM

Registration

9:00 AM - 3:00 PM

Walking (Approx. 1.3 Mile path)

Awards

Hot Dogs & Potluck Lunch

Outdoor Games

**See Other Side for Potluck & Contact
Information**

**Crescenta Valley Park
3901 Dunsmore Avenue
La Crescenta CA 91214**





Please call Jeanie at 818-353-5015
(evenings and weekends) or email her at:
jeaniedruebert@msn.com
to let us know approximately how many we
should expect for lunch.
Please turn your count in by
Thursday, October 14, 2010.

Pot Luck Information

Hotdogs and appropriate condiments will be provided. I will also provide an ice bucket and bottled water.

There will be outdoor games available to play while the hotdogs are being cooked and for after lunch.

Please plan your contribution to the potluck according to the following schedule:

If the first letter of your last name is:

A - F Chips/Salad

G - M Fruits/Veggies

N - R Side Dish or Other Meat Selection

S - Z Dessert

Please plan to come and spend an ACTIVE, fun day with your
TOPS friends - and make some new TOPS friends