

As Area Captain for the California lower desert area, I hosted a TOPS booth at Desert Regional Hospital health fair in Palm Springs February 12. The "Affair of the Heart" and "Understanding the Healthy Heart Beyond the Plumbing".

Approximately 60 people stopped by our TOPS booth and visited with me. I had brochures, TOPS News and lots of TOPS materials displayed, including the pound of fat which generated a lot of discussion! I also provided a list of my local chapters and their contact information.

Many excellent questions were asked and some visitors were interested in chapters in other states for themselves and family members. The brochures and TOPS News that I gave out had all of our TOPS contact information and my contact information.

During the day the hospital staff also did free health screens for blood pressure, blood sugar, Body Mass Index, and oxygen saturation.

Because this health fair was located in Palm Springs and our booth was located outside with temperatures reaching 72 degrees by the end of the very productive day I was very PINK and matched the beautiful long stem pink rose!

I have to admit I was thrilled after receiving all my screening information. I got an A with all my numbers. Being a 30 year KOPS absolutely does make a difference in my health. My BMI, blood pressure and blood sugar were all excellent.

I am working closely with the Diabetic Clinic at the hospital to promote TOPS with diabetics in our area and I feel very good about the progress being made.

As I packed up at the end of my day I couldn't help but smile from ear to ear. I am so proud of TOPS and the difference we make in lives (including mine). YEA TOPS!

PS

I have been asked to host a booth next year.