

LOREN'S BITS AND PIECES  
November-December 2010

After my ordeal, I wanted to let you know that I am recovering nicely from my neck surgery. Thank you all for your prayers and the cards I received.

At this time, I am looking forward to scheduling chapter visits for 2011. Let me know what I can do to help you with your chapter. For your information, I am presenting an exciting program entitled, "Super Foods".

How many times have we stated the optimistic phrase "*This time I am going to do it?*" Tops has available its new 13-week food diary entitled "Tops Daily Do It." It will help you with everything you need to know. Leaders, if you need more information, please give me a call.

If you have any members that are up for recognition, make sure they have a December weigh in.

I hope your holiday season is filled with good things.  
Blessings for a healthy and happy year ahead,

Loren Langland  
TOPS Area Captain  
[langlandl@comcast.net](mailto:langlandl@comcast.net)  
206-362-6102