



TAKE OFF POUNDS SENSIBLY

## ***MARIA'S MINUTES*** ***November/ December 2010***

Please read newsletter to your chapter!!

### **HAPPY HOLIDAY'S**

This is one of our favorite times of year. But it can also be the most difficult time too. With all the celebrating with family and friends. Make a plan to make wise choices. When planning to go some where special remember. "Take a healthy treat that you and others can enjoy". The best gift you can give to them and to yourself is to be healthier!!! Not to mention that when we step on that scale you will know you have been on "PROGRAM!!"

### **Fall Rally**

FALL RALLY WAS WONDERFUL!  
THANK YOU TO EVERYONE THAT HELPED. A SPECIAL THANK YOU FOR OUR ANGELS THAT WERE HONORED. YOU MAKE OUR CHAPTERS SPECIAL.  
CONGRATULATIONS TO ALL OUR WEIGHT LOSS WINNERS. I LOVED THE SKITS TOO!!!  
PLEASE LET ME KNOW WHAT YOU ENJOYED I ALWAYS WELCOME FEED BACK SO CALL OR E-MAIL ME OR IF YOU HAVE SUGGESTIONS.



### **IRD 2011 July 7-9 2011**

Enjoy the fun of the '50s when Esther Manz traveled the streets of Milwaukee in her little car with her scale in a shopping bag starting chapters. Milwaukee is the hometown of the Cunningham's and the Fonz as well as Laverne and Shirley!

### **Weight Recorders Workshop**

*Thank you weight recorders for attending. I know it was very helpful information remember you can always go on the Tops web site to view the power point. I am here for you so please call if you have any questions. If I don't know the answers , I can find out for you.*

### **SRD 2011**

**June 3-4 Spokane Washington**

**"Growing Together in Tops"**



**"Witty"**

**We're in this together Yeah!!!**

*Your Tops friend, Hugs,*

*Maria R. Goss, Area Captain*

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