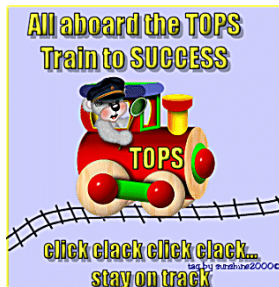


Mary's TOPIE TURVIE NEWS

RALLY WAS WONDERFUL! Thanks to all who could attend. We had some great speakers. It was nice to hear from winners in our area. Lots of pounds lost. Congrats to all the summer best losers.



Working out 3 days a week is a great thing to do. Take a TOPS friend and go for a walk or a bike ride.



Stay on track, if you get derailed pick yourself up and start all over again.

Remember you veggies. Check out pages 33-66 in your choice is mine book.

There's lots of ideas for your meals. Even a shopping list.

It was great to see how well all the chapters did for the year. Congrats to all of you. Keep up the great work.



Thank you all for the wonderful baskets. It was overwhelming.

There were so many and so full of wonderful things. You all did a great job.

Thanks so very much.



All
Calories Count

Think Before You
Nibble



Did you pick a buddy at Rally? If so please remember them. Send a note, text, email or snail mail. Don't forget them.

Fun shop in Wenatchee Oct 23rd 10-12. Barb will be sending out details soon. Mark this date and keep it open. It's fun and there's lots of things to learn.

I'm attaching a new flyer. Make copies and put it up anywhere you can. Let's see if we can add members to our chapters.

Remember if your area is having a health fair please let me know. I'd like to have a table set up with all our information. Lets see if we can get the word out about TOPS.

Keep up the great work remember if there's something I can help with please let me know

Mary Falconer

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