

October Happenings

Dear TOPS Leaders

Looking at the leaves turning and the mornings getting a little colder, it seems our summer is coming to an end. It also is getting closer to the end of our TOPS year. Yes, only 2 months left to get really serious about reaching some of our goals. Try and work on you plan for losing those extra pounds ... more exercise, water and portion control.

**Nov 5th Workshop
Trinity Southern Baptist Church
4890 E Holland Ave Rm 113
Fresno CA 93726**

**9am to 10am Social Hour
10am to 12pm Workshop
Please bring items for raffle to cover rent costs.**

Workshop Topics

- 1. Review of year weight recording and chapter resume preparation; please bring your chapter manual. Please call or email with your questions so that I can get an answer for you.**
- 2. Continuing Leadership Skills, Lesson #5 Praise, Recognition and Rewards.**
- 3. A group discussion, sharing of ideas for awards, KOPS recognition and other ceremonies.**

Shirley 559-779-4604

shirley4833@comcast.net

**What is a ghost's favorite song?
I ain't got nobody.
How do you talk to a pumpkin with
three heads?
Hello - Hello - Hello**

