

April 2011



TOPS SENTINEL



“Helping you to watch over and protect your health as you Take Off Pounds Sensibly.”

LYDIA PARISH, Area Captain #6301

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April Calendar

2nd—10:00 AM Workshop with Karen Tinlin,
Coordinator—Northridge Christian Church,
18901 Chatsworth St., Northridge

5th—10:00 AM TOPS CA 0367, Arcadia
Super Foods A/C Program

9th—10:00 AM-2:00 PM Kids Health and
Fitness Expo—Edison Pacific Community
Center—501 S. Pacific Avenue, Glendale,
CA 91204 - TOPS Booth Hosted by Area
Captains, Jeanie Druebert & Lydia Parish

15th—Deadline for SRD Registrations

16th—11:30 AM Tri Valley KOPS Society Lunch
— Marie Callenders, 19310 Business Center
Dr., Northridge

TOPS S.R.D.

Our 2011 TOPS State Recognition Days will be held on May 12th, 13th & 14th at the Visalia Convention Center. The SRD theme is “CA TOPS UNITED”.

SRD registration packets are posted on our website www.whywelovetops.com so you can print a copy. Registration is \$30, Tea \$24. SRD Package, which includes registration, Tea and pinette, is \$54. Registration deadline is April 15th .

GOALS SHOULD BE SMALL & REALISTIC

OBERVE & MIMIC THE SUCCESSFUL

FOCUS ON JUST ONE DAY AT A TIME

OFFER & TAKE A HELPING HAND

RECOGNIZE TRIGGER FOODS & SITUATIONS

INACTIVITY ACCOMPLISHES LITTLE, EXERCISE

TAKE TIME TO SLOW DOWN & RELAX



By the time you find greener pastures, you're too old to climb the fence.

Points to Ponder:

- If a vegetarian diet is good for losing weight, why do they use grain to fatten pigs & cows?
- If the human body is 90% water, how can it be 23% body fat?