


One of the hardest things about asking people to join our chapters is the asking.

*So how do you ask someone you know who needs TOPS® support to join your chapter?* You don't want to embarrass someone by telling them they could really use our help, but quite often they will open the door for you by saying, "Boy I really need to lose weight", or "Gosh my clothes are getting tight". That is the perfect opportunity for you to reach in your pocket or purse and hand them a little business card that has all of the information about your TOPS chapter – including Meeting day, time, and place. You may also want to add a contact person just in case they don't know you real well – and want to check on some information that they feel might be important to them.

To print these small chapter information cards, simply go to the attached document and insert the information for your chapter. You might want to print several pages and share with others in your chapter.

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| <br><b>TAKE OFF POUNDS<br/>SENSIBLY</b>                                       | <b>Chapter</b><br>Meeting Day:<br>Time:<br>Place:<br>Address:<br>Contact:<br><i>Your first visit to our chapter is free</i> |
| <small>For the TOPS Chapter nearest you,<br/>Call toll-free 1-800-932-8677<br/>Visit the TOPS website at <a href="http://www.tops.org">www.tops.org</a></small> |   |

Please let your Coordinator know if you have success in sharing TOPS® message with the information cards. We will share your success with others!