

BRING A FRIEND!



Bring a Friend to join our Circle of Friends!

TOPS is a wonderful group of friends. We share the same goal, better health. We help each other achieve that goal, and we have fun doing it.

Help us spread the word about this amazing weight loss support group by bringing a friend to join with us as we work toward improved health.

TOPS offers support, accountability, education, recognition and fun.

Why not share the TOPS experience with friends?

Between **January and March 2011**, invite friends, relatives, co-workers and acquaintances to visit your TOPS chapter to join in on the fun time at your weekly meetings.

New members who join TOPS as a result of your thoughtful invitation will receive two "TOPS Circle of Friends" buttons – one button to keep, and one button to give you as their friend who cares about their health and wellness.

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Current member, fill out the form and give to your Chapter Treasurer to send along with the new member's application form to Beverly Bednasek, Coordinator.

Date of new member's application needs to be **January 2011 – March 2011**.

New members name: _____

Address: _____

Current member's name: _____

Membership #: _____

Chapter: TOPS _____, _____