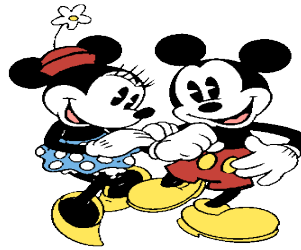


TOPS are OK

FEBRUARY 2011 Newsletter

HAPPY VALENTINES DAY!! WALK AWAY FROM THE CANDY!!!
PUT THE CANDY DOWN NOW AND NO ONE WILL GET HURT!

Haha – Don't you wish you had your own personal policeman to help you put down those things that you shouldn't eat! I sometimes wish it were that easy but I also feel really good about myself when I can put the food down! Here's to a great candy free Valentine's Day for everyone!!



WEB INFORMATION

www.tops.org

www.topswonders.com

OKLAHOMA SRD – TULSA – MAY 13-14

RENAISSANCE HOTEL

“TOPS GOES COUNTRY”

“Life is in the journey, not the destination, so do what you can and take it one day at a time. Go slow, do it right, and make your changes permanent—then help out others who are where you were.

2011 FUN DAY DATES

WINTER FUN DAY	FEBRUARY 19	OK0308, PONCA CITY
SPRING FUN DAY	JUNE 11	OK0207, ENID
SUMMER FUN DAY	AUG 20	OK0682, SHATTUCK
	AUG 27	OK0013, STILLWATER
FALL FUN DAY	OCT 22	OK0488, STILLWATER

I just had an awesome visit with OK0462, Cleveland – this may be a small chapter but they are a very strong chapter. They have doubled their membership and I can tell you Ms Mollie has those girls working hard on losing weight. The big difference is not only are they working hard but they are excited about their weight losses! Great big applause for Mollie Barto and the ladies in Cleveland!!! I will be scheduling chapter visits with all of you in the near future!!

I WANT TO WELCOME MY NEW CHAPTERS –

0049, OKLAHOMA CITY	0122, MIDWEST CITY,
0123, EDMOND,	0237, MIDWEST CITY,
0270, OKLAHOMA CITY,	0497, MUSTANG,
0626, DEL CITY,	0662, BETHANY,
0676, OKLAHOMA CITY,	0678, GUTHRIE,
0688, MIDWEST CITY,	00691, OKLAHOMA CITY,
0698, MIDWEST CITY	

WELCOME ABOARD FOR THE ROAD TRIP!!!

