

## February 2011 Newsletter

Hello Everyone, BRRR.... I don't know about you all but I am ready for spring and warmer weather.



As we travel "The road To Success" we may have had a "road block" or two over the holidays but, we can make a "U-Turn" and get on the right track by fueling up on healthy low-fat, low- calorie foods taking "caution" not to run low on water or turn the " wrong way" as we successfully continue on to our weight loss journey. A slight "Detour" is allowed for SRD 2011 in Beaumont, TX at the Beaumont Plaza Holiday Inn Hotel & Suites, April 8<sup>th</sup> and 9<sup>th</sup>. Our theme this year is "Wings of Change". Please do not exceed the "speed limit" I'm looking forward to seeing you there safely.

I had six chapters to send in their December Monthly Best Losers during this busy month. Thanks

- ♥ # TX 1881, Crockett, Monthly Best Loser was Wilma Taylor with a loss of 2.50 #. They also had a no- gain meeting on 12/10
- ♥ # TX 1790, Trinity, Monthly Best Loser was Sharon Canning with a loss of 3.0 #
- ♥ # TX 1766, Lovelady, Monthly Best Loser was Margaret Surrett with a loss of 4.0 #
- ♥ # TX 823, The Woodlands Monthly Best Loser was Judy Atkinson with a loss of 6.0 #
- ♥ # TX 1836, Huntsville, Monthly Best Loser was Pam Johnson with a loss of 4.5 #
- ♥ #TX 1522, New Caney, Monthly Best Loser was Donna Hamrick with a loss of 6.25 #

I see on the reports many of you are putting your meeting place in local papers. Whenever possible have your Open House, Special Speaker and chapter happenings published "Come On Brag A Little" and you might just get some new members.

Please let me know of your chapter happenings so I can share it in my newsletter such as walks, health fairs, celebrations, Open Houses. You can email this to me at information below.

Hugs,  
Jan



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