

September 2011 NEWSLETTER

Kay Gray Area Captain 5936



Hope everyone is enjoying the cool weather this morning!

I went to a chapter that is using this for their closing. I think it is a good one. They told me it came from the TOPS News

TOPS Meeting Closing

Now our TOPS meeting come to a close,
And the week ahead may have its triumphs and lows.
You may become frustrated on any given day.
But just remember: a TOPS pal is just a phone call away.
So, believe in yourself and that it's never too late.
And I challenge all of you to lose that weight!
HAVE A GREAT WEEK, EVERYBODY!

I have been enjoying my Area Captain's visit to do the program on SuperFoods. Thanks to the chapters I have already visited. To the chapters I have not been to yet, please let me know when will be a good date to come. Please call me at 817-239-8307 cell or 817-774-9435, or email me.

We have 3 full months and 3 weeks of this year left to follow our road to our reasonable goal for this year 2011. We still have time to make a difference in our health for this year.

As a chapter please review you TOPS Rules, They came out in the January 2011 TOPS news. We have new members and as the months go by, as members we need to refreshen ourselves on the rules also. If you do not have January 2011, TOPS News, the rules can be copy off at www.tops.org .

Have you gone to www.tops.org and used the TOPS Self Care Classes? They are great. Please try the classes. I believe it will help you. Please try the class. If you need help logging on, please let me know.

As Always, yours,

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