

TOPS is Take off pounds Sensibly Updates (April 2024)

So as State Recognition Day was delayed until 19-20Apr, we can only say that my rein as State King will be handed over to the new King. It was a pleasure to be honored last year and will be a pleasure to cheer on the King and Queen. As the KOPs keep off the pounds of which we have 6 people now, many others are still in the fight to get to their goals. To report the thinner winner for the last month was Darlene with 8.2lb in a month. We have been talking about Healthy Bones, as well as Healthy minds. Our Exercise programs are keeping everyone moving. At TOP's there is no summer break, taking off Pounds is a year round fight and we are not quitters.

As we look forward to May 2024, let's keep in mind that life is going to give us chaos, but we get to choose how we react to those uncontrollable situations.

Submitted by TOPS John Donahue