

## TOPS is Take off pounds Sensibly Updates (December 2023)

Great month for the start of November through October in both attendance and weight loss. We are gaining back our Snowbirds as the weather stays nice in North Fort Myers compared to the rest of the country.

The Craft Fair was a success and we are looking forward to changes in 2024.

We had a ton of fun with our quarterly Rummage sale.

October had some special birthdays (Judy, Jesse, Darlene, Linda, and Cindy) as well as new 10# losers (Really Winners) Judy and Bob.

TOPS turned 75 this year and our Chapter turned 50. Come check us out on Thursdays each week between 10am - 11am for the meeting (first one is free).

Submitted by TOPS John Donahue