

TOPS is Take off pounds Sensibly Updates (February 2024)

What an amazing 2023 for our TOPS group! We started the year with plenty of resolutions and then finished the year strong. Our group has lost just under 100lbs for the 2023 calendar year. We had great leadership from John Donahue, Judy Carson, Jessie Howard and Cindy Ahrens who challenged us each week to meet our goals.

Our guest speakers each month are very motivating and insightful. As an example, Kem Flessor spoke to us about eating greener and healthier.

As we look forward to 2024, let's keep on track for our great start.

Remember that even if you have one bad day, don't let it ruin your week, month or even your year, Tops will be there for you... Keep pushing yourself to be healthier. If you are struggling with 10lbs, 100lbs or just how you feel about yourself, come join us for a meeting. We are here to help and support one another.

Submitted by TOPS John Donahue