

## TOPS is Take off pounds Sensibly Updates (March 2024)

Here we are getting January and February results great achievements. We welcomed a new KOP this Month, Joan has reached her goal weight and joins the Keep off pounds Sensibly group. As the KOPs keep off the pounds, we have other that are also doing great month to month. To report the Thinner winners for the last couple months with Dora losing 8.4lb, Cindy lose 3.4lbs, and Diane losing 5.3lbs in a month. We had a special guest of Steve LaFave also talking to the group about his book "Physical Therapy for the Brian".

As we look forward to March 2024, let's keep on track for our great start. Lesson from Steve, "Be the person that the dog thinks you are".

Submitted by TOPS John Donahue