

TOPS is Take off pounds Sensibly Updates (November 2023)

We had a record week for this first week in October, the group lost over 18lb in a week as a team. Awesome job ladies.

We also had some very good programs, we had Kem Flessor from Kem's Cruizin Kitchen present and bring samples, amazing food alternatives and hoping she will be back again.

Our Last program was about counting calories in 2023, get you app out because Bob and Evie did an amazing job showing how to use you phone to track your food.

Forward to November, look for the TOPS tables at the LF and PL craft fairs, Dora has been helping us get our seashells together, and I think you will be impressed.

Our Tops#0250 N Fort Myers club will be celebrating 50yrs on 16Nov, I hope you can join us old and new TOPS and KOPS.

Submitted by TOPS John Donahue