

# February 2010 Newsletter



TOPS Open House

You Have Your Diet Plan

We Supply the DO-IT Plan!

How is TOPS Different from other "groups" out there?

## Mission Statement:

TOPS' mission is to support our members as they take and keep off pounds sensibly.

TOPS Club, Inc. is a nonprofit, noncommercial, weight-loss support organization based in Milwaukee, Wisconsin, USA, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight-management support groups and to sponsor obesity research.

New members should consult with their physician to obtain a goal weight for themselves, and then report it to their chapter Weight Recorder. Members meet weekly in their local chapters. A private weigh-in is followed by a program on a wide variety of topics pertaining to the weight-loss journey and healthy lifestyle. Meetings provide members with positive reinforcement and motivation in adhering to their food and exercise plans. We do not provide you with your diet plan, we support you through your diet journey! Dues are \$26 annually, plus nominal chapter fees to cover operating costs—on average, less than \$5 per month.

What is included in my dues?

- A system of competition and recognition to award success, effort and support
- TOPS' healthy lifestyle guide, The Choice Is Mine, containing details about the exchange system for meal planning, as well as motivational tips and practical advice and companion workbook
- TOPS retreats, rallies, and recognition days
- TOPS News, the member magazine included in TOPS' annual membership fee

TOPS OPEN House

Washington

Monday, February 22

6:30pm

St. Clair

Tuesday, February 23

6:30pm

To start a Chapter in our area, we must have a minimum of 5 new members. Please come and bring a friend or family member and find out about TOPS and how it can support you in your weight-loss and health goals!

Lead by Tracie Puffer,  
Certified Family  
Herbalist

Call with any questions!

We hope to see you there!

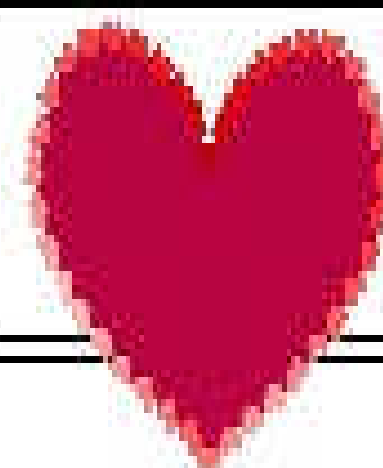
636-390-8777

Washington

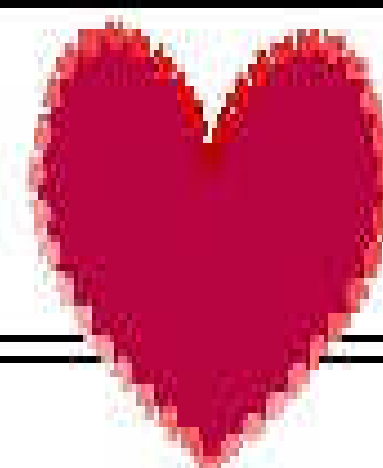
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St. Clair

# Valentine's Day Specials



Washington Location



1 hour of Reflexology with  
**FREE Paraffin Foot Dip**  
Only-\$50.00

1 hour of Massage with  
**FREE Mini Facial Massage**  
Only-\$55.00

Special good until February 14, 2010.

Gift Certificates good for 6 months.



## Ion Foot Cleanse Special

Buy One Cleanse at Regular Price

Get Another 1/2 Price!

Save over \$17.00!

Offer good February 2010 only. Must purchase both cleanses at the same time to qualify for offer.

## Store Coupon

Present this coupon in store to take an additional

**15% off**

Orange and Yellow Sale Tag Items

Not to be combined with any other offer or coupon.

Good February 2010 only

Yoga Sandals  
coming to both  
locations in March!  
New colors this  
year!  
They will go quick!

The independent advertisements in this newsletter are not endorsed or affiliated with Root Digger! Nation Herb Co.