

T O P S

Taking Off Pounds Sensibly

Date:

Every Tuesday evening
New members always welcome

Time:

5:15-7:00pm

Location:

Comstock Community Center
6330 King Highway
Comstock, MI 49048
269-345-8556

Mission:

To support our members while they take and keep off pounds sensibly.

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.

Membership fees:

Dues are \$26 annually plus nominal chapter fees to cover operating costs



For more information
call Sherry at 383-0312